

SCULPT STRONG SHOULDERS IN JUST 5 MOVES

oxy^{gen} women

TRAIN SMART. EAT RIGHT. LIVE BETTER.

**BURN FAT
FASTER!**

**30-MINUTE
SUPERSETS**

**TURN
TURKEY
LEFTOVERS
INTO HIGH
PROTEIN
FUEL**

**POWER UP
YOUR
TRAINING
WITH THIS
SCRIPT**

5

**HOLIDAY
STRATEGIES
TO STAY
LEAN & SANE**

**WAKE
UP YOUR
MUSCLES!
3 NEW
ROUTINES**
pg. 88

**BEST
TOTAL
BODY
WORKOUT
(HALF AN
HOUR, FLAT!)**

**Latest
Research!
PUMPING
IRON?
TAKE
MORE
IRON!**

**AMBER
ELIZABETH
DODZWEIT**
"My calorie
crushing tips!"

DECEMBER 2014

US \$5.99

oxygenmag.com



0 74820 08823 4

Please display until 12/16/14



GET
ENERGIZED
— & —
BURN
FAT™



2 Shredded is the professional strength thermogenic weight loss complex that helps the body get lean five different ways. Time to get energized and burn fat...*
Like a Beast.™

AVAILABLE AT



GET TO THE NEW
BEASTSPORTS.com



★ THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
★ THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.
© 1995 - 2014 Beast Sports Nutrition. All Rights Reserved

BEAST™

THE STRONGEST NAME IN SPORTS NUTRITION™



INTRODUCING THE
PerformanceDriven
LINE FROM DYMATIZE®

DESIGNED TO HELP YOU MEET AND EXCEED YOUR FITNESS GOALS.



M.P.ACT, Amino Pro, and M.P.S have been specially formulated to fuel your training, amplify your endurance through your workout, and accelerate your fitness gains. Work harder. Recover quicker. Reach your goals faster.

01 M.P.ACT
PRE

Ignite your training with this university-proven pre-workout. It provides caffeine for quick, sustained energy; creatine to support burst and strength; and beta-alanine and BCAAs to support improved endurance.

02 AMINO PRO
ANYTIME

Take this to increase your endurance during your workout. Instantly soluble BCAAs minimize muscle breakdown and initiate muscle repair. Electrolytes, L-taurine, and L-citrulline support hydration, energy, and circulation.

03 M.P.S
POST

Only one scoop needed for faster muscle rebuilding, recovery, and growth. The 7g of BCAAs, 2.4g of whey protein isolate, plus HICA and KIC combine to trigger muscle protein synthesis and help minimize muscle protein breakdown.

DYMATIZE®
NUTRITION
YOUR AMBITION. OUR NUTRITION.™

© 2014 DYMATIZE. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, or prevent any disease. As individuals vary, so will results.

LEAN BODY

For Her

Photo by: Joseph Lindstrom



Jamie Eason

Jamie Eason
Fitness Icon
Team Labrada

ONLY **THE BEST** *for You!*

MADE WITH
NATURAL
INGREDIENTS*

*ZERO Preservatives,
Gluten, Artificial Sweetener,
Artificial Colors or Flavors

*Healthy Weight
Management System*

**LEAN
BODY**
for Her

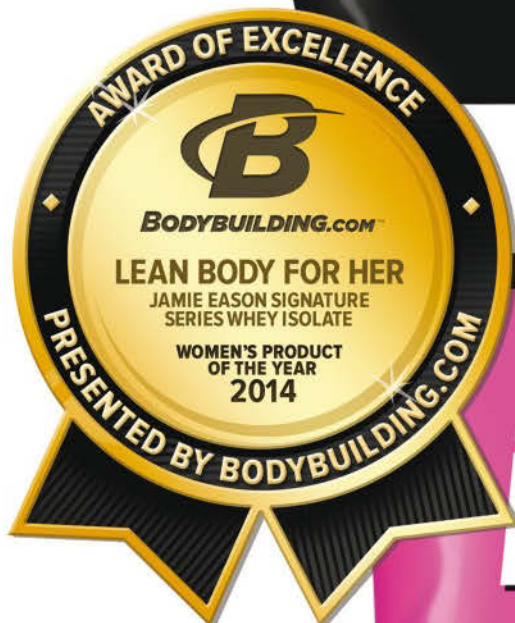
**WHEY PROTEIN
ISOLATE SHAKE**



Natural Vanilla FLAVOR

NET WT 24oz (680g)

Jamie Eason
Jamie Eason



“Winning Women’s Product of the Year is so incredibly awesome because it tells us we are on track with delivering what women want.

We really try to listen to our loyal fans to create products that meet their needs and help them reach their fitness goals.

I am so proud of my partnership with Labrada! Being with a company that puts the customer first and truly cares is a great feeling! ”



leanbodyforher

Visit Facebook for a
chance to win the weekly
\$100 Product Giveaway!

LABRADA
NUTRITION

The Most Trusted Name in Sports Nutrition!

theVitaminShopper



BODYBUILDING.COM

LABRADA.com

www.leanbodyforher.com | 800.832.9948

© 2014 Labrada Nutrition, Inc.

2014 december



Are you eating
for strong blood?

76

your training

27

one-on-one

Let Oxygen be your personal trainer.

28

fitness news

The latest scoop.

54

clutch play

Cover girl Amber Elizabeth Dodzweit shares her killer track and field drill workout.

68

got 30 minutes?

Our superset workout is perfect for this busy time of year.

80

bolder shoulders

Try Tiffany Lee Gaston's moves for shapely delts.

88

stretching the truth

Functional flexibility starts with these dynamic stretches.

94

workout to go

This circuit lets you zero in on your core and legs.

your health

36

health news

News you can use.

38

mind & body news

Use imagery to get the results you want.

42

in the spotlight

Lori Harder shares her strategies for keeping a healthy mental outlook during the holidays.

76

the power of iron

Why you might be at risk of iron deficiency, and what to do if you are.

96

success story

Andra Purba realized it was time to turn her life around.

98

success story

Carrie Muscat beat a serious digestive issue with diet and weights.

supplements

86

protein as a superfood

Ever wonder what it means when protein is hydrolyzed? We've got the answer.

102

supplement review

A look at some of the latest products.

50

Edamame
with a kick



on the cover

power up your training with this script P. 38
five holiday strategies to stay lean and sane P. 42
Amber Elizabeth Dodzweit P. 54
best total-body workout (half an hour, flat!) P. 56
turn turkey leftovers into high-protein fuel P. 60
burn fat faster! 30-minute supersets P. 68
pumping iron? take more iron! P. 76
sculpt strong shoulders in just five moves P. 80
wake up your muscles! three new routines P. 88



Cover photo by Cory Sorensen • Hair and makeup by Nancy Jambazian • Fitness clothing by Elisabetta Rogiani

A woman with long blonde hair is shown from the waist down, leaning against a weathered concrete pillar on a sandy beach. She is wearing a pink and purple floral crop top and light blue denim shorts with frayed hems and pink drawstrings. Her legs are crossed at the ankles, and she is barefoot. The background is a soft-focus view of the ocean and sky.

DOSED PE
INGREDIENT
TO SHA

GARCINIA CA

LOSE WEIGHT.

CALL 1-877-743-6460 FOR
*AVAILABLE IN CONTINENTAL USA O

WWW.



INGREDIENTS INCLUDE:

LOSE WEIGHT. FEEL AMAZING DOING IT.



WWW.THERMOXYN.COM

2014 december



A fresh
take on
turkey

60

let's share!

12 oxygenmag.com

22 feedback

106 #oxygenexhale

nutrition & fat loss

32

nutrition news

We feed your need to know what to eat.

40

fat loss news

The latest research on getting lean.

44

how she fuels

Figure competitor, wife, mother and MHP employee Maggie Corso shares her winning food formula.

48

shake up your day

Enjoy cinnamon and spice in this refreshing smoothie.

50

smart snacking

Kick up the flavor of edamame with our chili-lime recipe.

60

let's talk turkey

Fridge full of turkey? Try our fast, fresh recipes to make leftovers a treat.

80

Five moves
for sexy
shoulders



in every issue

17

advisory board

18

in the moment

20

editor's letter

23

contributors

46

raise the bar

100

rising stars

Want to get a
fitness tracker?
Check out our
choices before
you buy!
Page 52



THE FINAL STEP TO A

Sexy, Lean Body



Carol Saraiya

CAROL SARAIVA

INTERNATIONAL FITNESS MODEL

Do you struggle with shedding those last few pounds to accentuate your sexy, lean body? All too often, no matter how hard you work out and diet, you just can't seem to lose those last few pounds to highlight your muscle tone and lean physique.

The fact is, most women are storing 5-10 lbs. of excess water, causing them to look soft and feel bloated. Fortunately, XPEL, the powerful all-natural diuretic, can help you drop water weight fast. It's so effective that within 12 hours, XPEL will begin to shed the excess water weight and reveal your sexy, lean body.



Your Water Weight Solution!



Join Team MHP!

facebook.com/TeamMHP
twitter: @MHPStrong
instagram: mhpstrong

s973.785.9055
getXPEL.com



on the web

oxygenmag.com

Hey, Oxygen readers:
Post, pin, tag &
tweet us. We want
to connect with
you online!

Want more oxygen?

Go to our website for more training, nutrition and exclusive blogs. We also have up-to-the-minute news on health and fitness. Here's a small taste of what we have in cyberspace in December.

Cover girl bonus!

Go behind the scenes with Oxygen as we photograph Amber Elizabeth Dodzweit for the December issue! Plus, check out her workout to burn fat, strengthen your core and get great glutes!

Tell us your (success) story

Have you busted through a fat-loss or training plateau? Have you transformed your physique? Drop us a line at successtories@oxygenmag.com and we may feature you in a future issue of Oxygen.

Do you have what it takes?

Are you the Future of Fitness? Drop us a line at futureoffitness@oxygenmag.com and you could see yourself in the pages of Oxygen.

trending online

→ **On Facebook:** What is fitness? You tell us! On November 11, we want to know what fitness means to you! Follow us on Facebook and share your thoughts using the hashtag #whatisfitness.
→ **On Instagram:** The holidays are here and so are the parties full of cocktails and snacks. What is your healthy go-to party snack or drink that satisfies the cravings without blowing your diet? Snap a photo and share it with us on Instagram using the hashtag #healthyholidays and your photo could be in a future issue!

keep in touch

Tell us what you like about this issue and let us know what we can do better. Tag us in your posts @oxygenmag and you could be featured here!



→ FOLLOW US ON TWITTER @oxygenmagazine → JOIN US ON [facebook.com/oxygenmag](https://www.facebook.com/oxygenmag)

→ HASHTAG US ON INSTAGRAM #OxygenMagazine → VISIT US ONLINE oxygenmag.com or youtube.com/oxymagazine

→ VISIT US ON PINTEREST /oxygenmag → EMAIL US editorial@oxygenmag.com

PHOTO BY CORY SORESEN

PUSH™

your limits. Then push further.

THE ORIGINAL PRE-WORKOUT IGNITER. RE-ENGINEERED.

Fuel your body with advanced ingredient technology
to help push you past your previous limits.



EXPLOSIVE ENERGY



ENHANCED ENDURANCE



MAXIMUM PERFORMANCE



For more information and special offers, visit:

www.goBSN.com

GNC
LIVE WELL

V theVitamin
Shopper

B

amazon.com
and you're done

Lucky Vitamin

HTP

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NOX-PR1 ©2014 BSN® For best results supplements should be taken as directed over time, at maximum dosage in conjunction with a healthy diet and regular exercise program. Results may vary.



FINISH FIRST.®

THE SCOOP

of protein powder, not ice cream
...it just tastes that good!





With a taste as good as an Ice Cream Shoppe and nutrition like nothing else!
2 complete proteins: WHEY & QUINOA — yielding 20g protein, 7g fiber, and probiotics.
All under 170 calories per serving.



From the makers of NoGii
Gluten-Free High Protein Bars



NoGii.com



LaeAnn Amos

Age:

31

Job Career:

**Author, Television Host,
&
Fitness Competitor
Hometown:**

Jacksonville, Florida

Get to Know LaeAnn:

This accomplished young lady is not just a model, she's also an author and a new mommy. LaeAnn maintains her strikingly gorgeous figure by training 5 times a week with professional body builder **Ed Nunn**. Although juggling a fitness career and being a mother can be a bit of a challenge, Amos does it in stride.

The Secret to Her Success:

Determination, focus, and good old-fashioned hard work. LaeAnn will be the first to tell you, that she refuses to take short-cuts. Her relentless concentration and unyielding focus has gotten her to where she is today.

How She Keeps Her Figure:

LaeAnn maintains a jaw-dropping 27-inch waist, 40-inch hips, and 36D bust, and yes, that is post-baby. She keeps her figure by working out daily while also taking the new Moriche Palm Diet.



oxygen

DECEMBER 2014 • ISSUE 182

GROUP PUBLISHER

Cheryl Angelheart

DIRECTOR OF BRAND DEVELOPMENT

Alexander Norouzi

EDITOR-IN-CHIEF Diane Hart

EDITORIAL

MANAGING EDITOR Maura Weber

FITNESS EDITOR Lara McGlashan, CPT

STAFF WRITER Mike Carlson, NASM-CPT, CFLI

COPY CHIEF Jeannine Santiago

COPY EDITOR Gretchen Haas

WEB EDITOR Maureen Farrar

SPECIAL PROJECTS EDITOR Vicki Baker

Yes, but I don't go crazy. What's Thanksgiving without pecan pie, gravy and stuffing?

ART

ART DIRECTOR Claudia Monje

ART DIRECTOR Tara Thompson

PRODUCTION

PRODUCTION MANAGER Patrick Sternkopf

VIDEO AND PHOTO EDITOR Richard Alexander

SALES & MARKETING

GROUP ADVERTISING DIRECTOR Donna Diamond Riekenberg

ADVERTISING ACCOUNT MANAGER Laura (Flores) Thorne

ADVERTISING ACCOUNT MANAGER Julie Stone

ADVERTISING ACCOUNT MANAGER BJ Ghiglione

ADVERTISING ACCOUNT MANAGER Al Berman

MARKETING MANAGER Lauren O'Brien

A/R MANAGER Alice C. Negrete

I do indulge, but I choose to buy all organic and don't use anything canned.

CONTRIBUTORS

Michael Berg, Erin Calderone, Ronnda Hamilton, Stefani Jackenthal, Nancy Jambazian, Matthew Kadey, Jerry Kindela, C.J. Logan, Peter Lueders, Linda Melone, Myatt Murphy, Robert Reiff, Tosca Reno, Elisabetta Rogiani, Jessica Shafer, Cory Sorensen, Michelle Basta Speers, Steven Stiefel, Sarah Tuff



Efrem Zimbalist III **CHAIRMAN & CEO**

Andrew W. Clurman **PRESIDENT & COO**

Brian J. Sellstrom **EXECUTIVE VICE PRESIDENT & CFO**

Patricia B. Fox **EXECUTIVE VICE PRESIDENT OF OPERATIONS**

Kim Paulsen **VICE PRESIDENT GENERAL MANAGER**

Jason Brown **VICE PRESIDENT OF DIGITAL**

Nelson Saenz **VICE PRESIDENT OF IT**

Kristy Kaus **VICE PRESIDENT OF RESEARCH**

Oxygen is printed monthly in the U.S.A. © 2014 by Cruz Bay Publishing, Inc. All rights reserved. Reproduction in whole or in part without permission is strictly prohibited. The information in Oxygen is for educational purposes only. It's not intended to replace the advice or attention of health care professionals. Consult your physician before making changes in your diet, supplement and/or exercise program. OXYGEN, 24900 Anza Dr., Unit E, Santa Clarita, CA 91355. Toll Free: (800) 951-2259

Oxygen (ISSN 1095-7073) is published twelve times per year (2014 Cover Dates: #171 Jan, #172 Feb, #173 Mar, #174 Apr, #175 May, #176 Jun, #177 Jul, #178 Aug, #179 Sep, #180 Oct, #181 Nov, #182 Dec) by Cruz Bay Publishing, Inc., an Active Interest Media company. Advertising and editorial offices at 24900 Anza Drive, Unit E, Santa Clarita, California 91355. The known office of publication is 5720 Flatiron Pkwy, Boulder CO 80301. Periodicals postage paid at Boulder, CO and at additional mailing offices. POSTMASTER: Send address changes to Oxygen, P.O. Box 420235, Palm Coast, FL 32142-0235. Subscription rates in the United States are one year \$24.97. Canada: \$39.97. Foreign: \$54.97 (US funds only). The publisher and editors will not be responsible for unsolicited material. Manuscripts and photographs must be accompanied by a stamped, self-addressed return envelope. Vol. 17, No. 12. Printed in the United States by RR Donnelley, Strasburg, VA. Copyright © 2014 by Cruz Bay Publishing, Inc. All rights reserved. This publication may not be reproduced, either in whole or part, in any form without written permission from the publisher.

advisory board

EXERCISE PHYSIOLOGY

» **Cedric X. Bryant, Ph.D., FACSM**

Chief science officer, American Council on Exercise

» **Tom Holland, MS, CSCS** Exercise physiologist certified by ACSM, NASM and ACE, author of *Beat the Gym* (HarperCollins, 2011) and an elite endurance athlete

» **Len Kravitz, Ph.D.** Exercise physiologist and coordinator of exercise science at the University of New Mexico

FITNESS & TRAINING

» **Mindy Mylrea, FitFlix Productions**

Fitness consultant, international presenter and author

» **Sara Kooperman, CEO SCW**

Fitness Education and Les Mills Midwest and a lecturer for the American Council of Sports Medicine and National Academy for Sports Medicine

» **Jim White, RD** National spokesman for the Academy of Nutrition and Dietetics, ACSM Health and Fitness specialist, and owner of Jim White Fitness & Nutrition Studios

» **Cathy Savage, Cathy Savage Fitness** Competitive Figure and Fitness coach and choreographer

NUTRITION

» **Susan M. Kleiner, Ph.D., RD, FACN, CNS, FISSN** Sports nutritionist, president of High Performance Nutrition, and author of *The Good Mood Diet* (Springboard Press, 2007) and *The Oxygen Diet Solution* (Robert Kennedy Publishing, 2012)

» **Heidi Mochari-Greenberger, MPH, RD** Director of nutrition, Columbia Center for Heart Disease Prevention, New York Presbyterian Hospital

» **Tosca Reno, BSc, BEd, NTP** Motivational speaker and presenter, author of *The Eat-Clean Diet* series (Robert Kennedy

Publishing, 2007) and *The Start Here Diet* (Ballantine Books, 2013), and *Oxygen's Raise the Bar* columnist

» **Monique Ryan, MS, RDN** Chicago-based sports nutritionist and author of *Sports Nutrition for Endurance Athletes* (VeloPress, 2012)

MIND/BODY & NATUROPATHY

» **Stephanie Bot, PsyD, CPsych**

Clinical psychologist and psychoanalyst and a clinician, educator and writer

» **Julie Chen, BSc, ND** Licensed practitioner of naturopathic and homeopathic medicine

SPORTS MEDICINE

» **Jennifer Solomon, M.D.** Board-certified in physical medicine and rehabilitation, fellowship-trained in spine and sports medicine, and a clinical instructor at Weill Medical College of Cornell University

ABOUTTIME

DAILY CLEANSE

WITH GREEN COFFEE BEAN FOR ENERGY



Natural Thermogenic:
No Jitters or Crash



Contains Chlorogenic Acid
& Green Coffee Extract



Anti-Bloating & Supports
a Healthy Metabolism



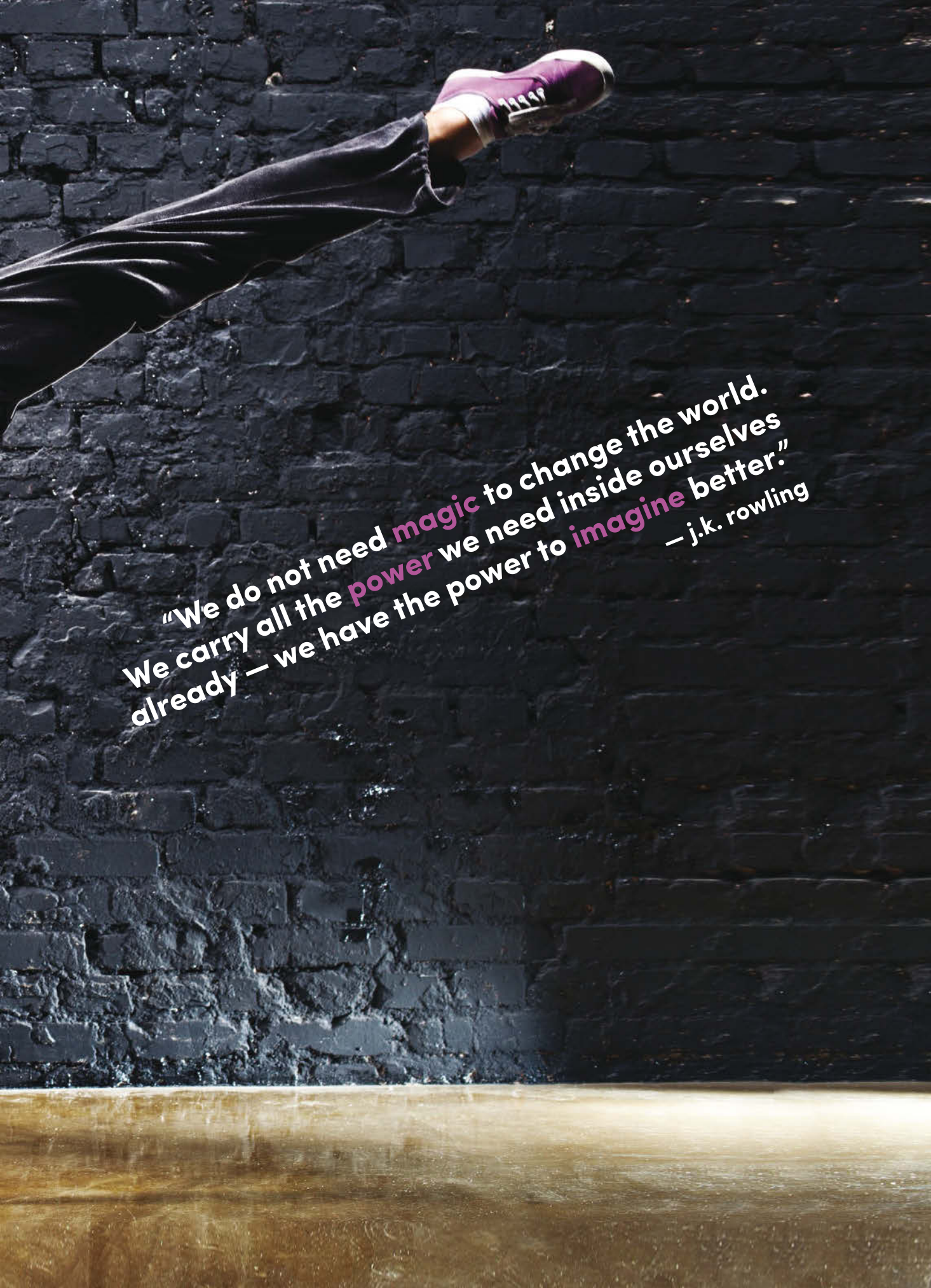
Two Products in One: Gentle
Cleanse + Energy Booster

USE PROMO CODE **CLEANSE10** FOR \$10.00 OFF
THIS PRODUCT AT TRYABOUTTIME.COM!



[in the moment]





"We do not need **magic** to change the world.
We carry all the **power** we need inside ourselves
already — we have the power to **imagine** better."

— j.k. rowling

'tis the season!



➔ It's no secret we're up to our eyeballs in stress generally, but especially so this time of year.

And that's why it's even more important to follow the advice from two of our contributors this month, Lori Harder and Tosca Reno: *Take care of yourself. Eat well, get to the gym, go for a brisk walk, get outdoors every day.*

You really won't believe how much staying active will give you the resiliency you need to get through the seasonal stresses that can cause such havoc on your body — from increased cortisol levels that can lead to fat gain to irritability, anxiety, headaches and overeating. New research has actually linked stress with a greater risk of heart disease for women than men.

Here are my three tips to battle stress. They're super easy to incorporate into your day, and they take only minutes (the magic phrase!).

- 1. Don't try to be perfect in the gym.** It doesn't have to be the best workout you've ever completed. It doesn't matter if you've only got 20 minutes — just stick to it. You are not seeking perfection at this time of year; simply doing it will do the job.
- 2. Get outside.** My friend Lee coaches power walking for marathons in Canada, and she's more often than not plowing through the snow, wind, rain with her groups. I think of her when I hesitate to head outdoors for a quick run. There really is no excuse not to bundle up and take to the streets. Trust me, you'll feel a lift in your spirits! The brain's feel-good hormones will bathe you.
- 3. Remember to breathe.** Especially when you're feeling pressured and stressed. Here's a quick and easy exercise sure to calm you wherever you are (even stuck in a shopping mall!). Called alternate nostril breathing, the technique is said to relax your nervous system, boost energy and allow the left and right brain sections to work more harmoniously. Here's how.

Stay in touch,

DIANE HART
EDITOR-IN-CHIEF
[@dianeoxymag](https://twitter.com/dianeoxymag)

BEAT STRESS WITH THIS BREATHING DRILL

Close off the right nostril with your thumb and inhale deeply for a count of six through the left nostril. Pause, release the right nostril and close off the left nostril with your index finger. Exhale slowly and completely through the right nostril, pause and inhale slowly and deeply through the right nostril for a count of six. Continue alternating in this fashion for roughly two minutes. You can be quite discreet, of course.



Top: Heading to the slopes back in my native (and snowy!) land, Canada. Above: The AIM booth at this year's Olympia weekend was a mob scene. Flip to our "Exhale" final page for more on the Olympia.



➔ FOLLOW US ON TWITTER [@oxygenmagazine](https://twitter.com/oxygenmagazine) ➔ JOIN US ON facebook.com/oxygenmag

➔ HASHTAG US ON INSTAGRAM [#OxygenMagazine](https://instagram.com/oxygenmagazine) ➔ VISIT US ONLINE oxygenmag.com or youtube.com/oxygenmagazine

➔ VISIT US ON PINTEREST [/oxygenmag](https://pinterest.com/oxygenmag) ➔ EMAIL US editorial@oxygenmag.com

PROTEIN PERFECTION

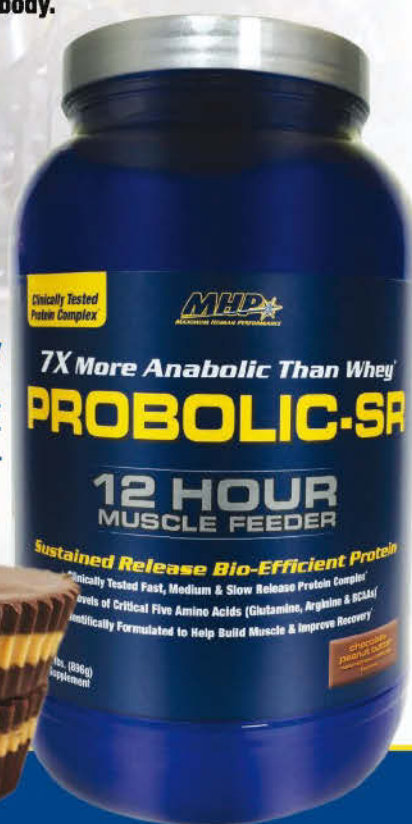
BETTER THAN WHEY!

New Research Shows That The Advanced Protein Blend in Probolic-SR is Superior to Whey for Muscle Building & Recovery!

Not many things are perfect, but when it comes to protein Probolic-SR is as close as it gets. Probolic-SR is the world's first combination protein supplement of its kind. Not only does it taste great, research shows its protein blend is superior to whey.* Probolic-SR is formulated to provide fast, medium and slow releasing proteins in one advanced formula. Research confirms the combination of these precise muscle building proteins provide greater anabolic and anti-catabolic benefits than whey protein. This is important for helping you build lean muscle and fight off hunger. To make things even better, Probolic-SR contains a patented Sustained Release Micro-Feed Technology that extends the release of amino acids even further for longer muscle building support and satiety. **Probolic-SR – the perfect protein for a better body.**

**DANA NICOLE
MAURO**
TEAM MHP

NEW
CHOCOLATE
PEANUT
BUTTER!



1.888.783.8844 • MHPSTRONG.com



Join Team MHP!



facebook.com/TeamMHP
twitter: @MHPstrong
instagram: mhpstrong



© 2014 Maximum Human Performance, LLC. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary. Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake. Not intended for use by persons under age 18. *Effect of Protein Blend vs. Whey Protein Ingestion on Muscle Protein Synthesis Following Resistance Exercise. Dr. Rasmussen, et al., 2012.

Shout out!

Oxygen readers never hold back.
Here's what you told us this month.



» **Take a hike to disconnect**
As an avid hiker, I was excited to see your article "Take A Hike" in the October issue. Ever since I discovered a love for hiking, I've wanted to inspire other women to get outside the gym and enjoy the



great outdoors. I train for it by putting the incline as high as it will go on the treadmill (usually 15 percent) and I also throw in a day or two of incline sprint. And I never neglect my weight training! One benefit that wasn't mentioned is that hiking allows you to disconnect — from social media and from other daily distractions. I would love to see more hiking articles like this in the future! Keep up the good work.

— WHITNEY, VIA EMAIL

Go easy? No way!

I wanted to comment on Kim Lyons' mentioning her new appreciation for "softer" exercise such as yoga, barre ... Has she ever tried Physique 57 in NYC? Talk about a kick-ass workout! No softy class there!

— MARINA, VIA EMAIL

Oxygen for everyone

I'm writing you from the other side of the world — Penang, Malaysia. Yes, we love your mag here, too! I'm happy to see recent changes that take into consideration all ages — young, middle age and old. I especially like your article guiding different age groups on the type of exercise they should focus on, "Age Proof Your Body" in August. I look forward to every issue!

— CHOOISEE, VIA EMAIL

Stay honest, Oxygen

Your magazine has helped me substantially with my fitness and body/nutrition

awareness. Thank you for providing honest, level-headed approaches to live well and fully. I especially love the special summer issue on getting a beach body. I bought it just as summer ended — and am achieving amazing results! Thank you!

— WENDY, VIA EMAIL

Oops!

In our article about the new definition of strength, incorrect muscle-strengthening guidelines were mentioned. Our writer Karen Asp responds: I cited stats from the NIH, saying that only 4 percent of adults were meeting muscle-strengthening guidelines. Yet I should have said that 24 percent of adults were meeting muscle-strengthening guidelines (3 percent met the muscle-strengthening guidelines only while 21 percent met guidelines for both aerobic and muscle strengthening, leading to 24 percent).

you told us

OXYGEN GIRLS SHOW US THEIR SHOES.



JULIE RAYMOND
Quebec, Canada Age: 37
Just loooooove my shoes.
Training six days a week.



MARILYN KLASSEN
Coldstream, British Columbia Age: 47
Light gray and pink for amazing squats/deadlifts.
Dark gray for all the rest!



STEPHANIE MARTIN
Annapolis, MD Age: 47
My two newest pairs!
Love my UA shoes!

Look for our next request for submissions on our Facebook page and you could be featured here!

Hey! What do you think? Tell us what's on your mind.

EMAIL US
editorial@oxygenmag.com

VISIT US ONLINE
oxygenmag.com

FOLLOW US ON TWITTER
[@oxygenmagazine](https://twitter.com/oxygenmagazine)

JOIN US ON
facebook.com/oxygenmag

PIN US ON PINTEREST
[@oxygenmag](https://pinterest.com/oxygenmag)

HASHTAG US ON INSTAGRAM
[#OxygenMagazine](https://www.instagram.com/OxygenMagazine)

All content submitted to Oxygen will be considered for publication. We reserve the right to edit for length and clarity.

[contributors]



Mary Medina

» IFBB Figure pro Mary Medina, our model for the “Got 30 Minutes?” workout on Page 68, says she learned something unexpected at the photo shoot: “Shooting exercises is way harder than it looks! I got a little workout in holding the poses with the weights!” The Texas native says she was always considered athletic growing up, but she put her body through years of crash dieting and poor eating until she was tired of the way she looked. Around that time she read a copy of *Oxygen* and was motivated to start learning about exercise and proper eating. “I was inspired and hooked,” she says. “I still have that issue of *Oxygen* to this day.” Her training split varies, she says: “I like to switch it up, but I may do shoulders and back, bi’s and tri’s, legs/calves, shoulders and chest, then rest for two days. Then the week after that I’ll do legs twice instead of shoulders.” When she’s not at the gym, Medina blogs at healthybodysoundmind.wordpress.com and also works as a financial strategist.

» Karen Asp is a self-described health nut with numerous writing credits to her name. When researching “The Power of Iron” on Page 76, she says she was surprised to learn that iron loss could be caused by repetitive foot strikes (such as running) on the ground. “The whole article was a wake-up call for me to make sure I’m getting enough iron in my diet, as I’ve been a vegetarian for years,” she explains. Asp likes the fact that her job as a health writer keeps her on the cutting edge of research. “It helps not just professionally but also personally. For instance, I started drinking coffee — I’ve always been a tea girl — more than a year ago as a result of chatting with Alzheimer’s experts and reading the latest research on caffeine.” In addition to her magazine work, Asp is co-author of *Food Allergies and Intolerances* (St. Martin’s, 2012). She enjoys TRX training and yoga, holds three women’s world records in marathon distance for Nordic walking and makes the most of winter in her Indiana home by cross-country skiing.



Karen Asp



Maggie Corso

» The subject of this month’s “How She Fuels” on Page 44, Maggie Corso, doesn’t just endorse MHP products; she’s a project manager for MHP’s research and product development department. She explains that her position entails market analysis, brainstorming and working with manufacturers on production: “I love what I do! I’m incredibly proud to be a part of the process. MHP has supported me as an athlete and model, bringing my career and passion for fitness full circle.” Corso, who began her career in banking, says she turned 40 in the worst shape of her life and made a commitment to change, which resulted in her competing in her first NPC National Figure event in 2012 at the age of 42. She lives in New Jersey with her husband, Jim, and their two boys, ages 11 and 8. “There are so many moving parts to all that I do,” she says. “Jim has been a training partner and motivator, my parents watch my kids when I’m off competing, and my dear friend and colleague Fabian Orozco helps with diet and contest prep.”

FUEL YOUR ENERGY

ENDURANCE. STRENGTH. FOCUS.



BODYBUILDING.com™

Available Soon at



LIFTAGSPORT.COM

© 2014 LIFTAGSPORT READ ALL LABELS BEFORE USING

LIFTAG
SPORT

Elevating Athletes Everyday

NEXT

So, did you start the Paleo diet?

No. I was going to but then I realized it didn't work out so well for the cavemen.

Lol!
So what's your next step....?

[#NextStep](#)



The National Weight Control Registry

has conducted research that suggests a modified, healthy lifestyle can result in effective weight management with long-term results.

The Vitamin Shoppe is proud to present a new system developed to help you take the Next Step™ toward successful weight management.

* The National Weight Control Registry is the largest study of individual's successful at long - term maintenance of weight loss.

STEPTM

Next StepTM Weight Management.
No more fads. Just facts.

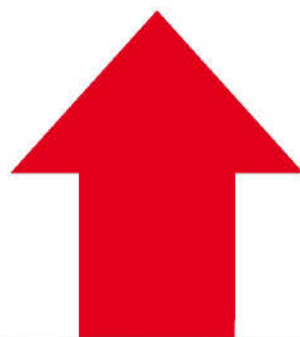


A sampling of the products available from Next Step Weight Management.

#NextStep
vitaminshoppe.com/nextstep

available exclusively at
theVitaminShopper

Let **The Box** Take Your Workouts to the **Next LEVEL**



Read **The Box** Magazine on iPad,
Nook, Kindle and Zinio



Requires a digital subscription or digital single-copy purchase.

oneonone

LET **OXYGEN** BE YOUR PERSONAL TRAINER

FITNESS NEWS	28
NUTRITION NEWS	32
HEALTH NEWS	36
MIND & BODY NEWS	38

More abs!
For a quickie
oblique
workout, flip
to Page 30.

A CASE FOR THE CRUNCH

Stop! Before you PayPal that infomercial ab-tastic gadget, chew on this: A study done at the University of Wisconsin-Lacrosse found that out of eight popular infomercial gadgets, such as the Ab Roller, Perfect Situp and the Ab Coaster, not one of them was more effective than a plain old crunch. What's more, researchers also squared up the crunch against super popular moves such as a standard plank and a side plank, and again found the crunch to be superior in terms of total muscle activation.

This is not to say you should sideline your planks (though you might want to!); they are still a fantastic move for total core strength and development. But if you're keen on shaping up that six-pack, then crunches are your old best friend, revisited.





Stoke your creativity and productivity with a short, fast walk!

DON'T FORGET YOUR KEGELS

➔ A new study from Loyola University found that women who participated in high-impact sports such as triathlons were at risk of increased pelvic-floor disorders. The solution? Daily Kegel exercises.

Do this: To ID the muscles you need to work, stop your urination midstream next time you use the bathroom — voilà, you've found your pelvic floor. Now contract these muscles and hold them for five seconds, repeating this four to five times in a row. Work up to a 10-second hold per set, and do a minimum of three sets daily.

Eat it, then delete it

Check out these decadent holiday treats and the number of minutes you'd need to walk to prevent them from setting up residence on your hips.

Treat	Calories	Walking* (minutes)
• Candy cane (6 inches)	66	22
• Cocktail weenie (5 links)	80	24
• Honey baked ham (3 ounces)	110	33
• Gingerbread man (1.7-ounce cookie)	200	60
• Fruit cake (½ cake)	290	88
• Eggnog (1 cup)	343	104
• Pecan pie (⅓ pie)	500	152

*Based on a 135-pound woman walking at 3.0 mph



Cardio:

Good for body & brain

➔ If you run to "clear your head," you may literally be doing just that. New research out of Montreal revealed that cardiovascular exercise may protect you from cognitive impairment by helping prevent the stiffening of arteries that comes with aging. **Do this:** Hit the road three to five times per week for 20 to 30 minutes per session to better your brain and burn a little fat in the process.

Bonus round: Not a runner? A study from Stanford University found that walking for as little as eight minutes can increase your creativity and productivity by up to 60 percent!



NEW!

Oxygen breaks it down: PULL-UPS

Pull-ups are arguably one of the most difficult exercises to master, and many of us opt instead for the tamer exercises such as pull-downs or bent-over rows to hit the same area (the lats, rhomboids, teres major and minor, rear delts, traps, and forearms). But mastering pull-ups is not out of reach, as long as you use correct form and practice, practice, practice. Here's what you need to know to add this back-blasting exercise to your workout roster tomorrow:

» Hang straight down from a pull-up bar with your hands spaced wider than shoulder-width apart, palms forward. Though a wide-grip pull-up is a little more difficult, spacing your hands wider means less distance you need to travel from a dead hang to the top of the move.

» Keep your abs tight so your body moves as one single unit through space. This eliminates any extra movement, which can cause swinging, making the move harder to perform.

» Draw your shoulder blades together behind you to initiate the move, thereby engaging your rhomboids, lats and assisting shoulder muscles right away.

» Drive your elbows straight down and pull yourself upward as powerfully as you can by contracting your back muscles and sliding your shoulder blades in toward one another. As you reach the peak contraction at the top of the move, squeeze your shoulder blades together hard as if you were trying to crush a pencil in between.

» Lower yourself slowly back to the start, controlling your descent and keeping your legs and core tight. Return all the way to a dead hang with your shoulder blades spread and relaxed, and your legs extended.

News flash:

Banded pull-ups, in which you use a large rubber band looped around the bar to support some of your bodyweight, are not as effective as they were thought to be for those trying to improve their pull-ups. The bands assist a lot at the bottom of the move when they are stretched to capacity, but as you rise to the top, they spring back into shape and offer less assistance where you probably need it most. Assisted pull-up machines such as the Gravitron offer continual resistance throughout each rep, making them a better choice than bands. If you don't have a Gravitron at your gym, then bands are better than nothing. Try flip-flopping every other week with negative pull-ups to improve strength and get you that much closer to flying solo.

PULL-UP variations



wide grip
reverse grip
military grip
negative
banded
machine-assisted

HAND-Y TIPS

Hand placement on the pull-up bar can change the emphasis of the move. A wide-grip utilizes mostly the outer lats — your “wingspan,” so to speak; a reverse grip, in which your palms face your head, engages the normally dormant biceps as well as the middle back; and a military grip hits the middle back hard, working the rhomboids and center of the lats.

MOVE OF THE MONTH:

Cross-legged chair pose

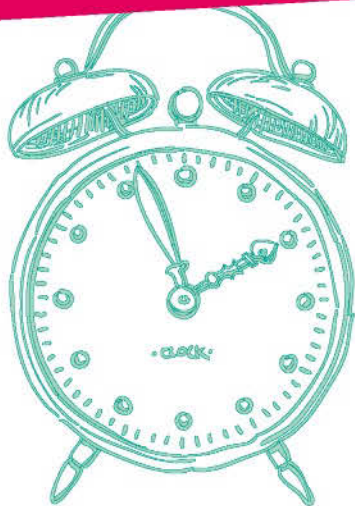
Stretch and strengthen your quads, glutes and hips all at the same time with this yoga-inspired move. While your standing leg is working hard to balance and stabilize you, your opposite leg is getting an incredible stretch through the glute and hip area. Do this move at the end of your leg training session, and hold each side for 30 to 60 seconds.

setup: Lift one foot and place your ankle across the thigh of your opposite leg, foot flexed, knee opened outward. Press your palms together in front of your chest, elbows down.

move: Bend your standing knee and drop your hips as if you were sitting in a chair, keeping your chest lifted. Hold at the bottom of the move and breathe for 30 seconds. Return to standing and repeat on opposite side.

! **Focus on a point about 6 feet in front of you to help maintain balance while keeping your torso erect.**





Once an hour → The number of times researchers say you should get up from your desk and walk around to keep your butt from growing. Yep, turns out that sitting for long periods of time puts enough pressure on fat cells that they can actually expand and spread up to 50 percent! Yikes. **Do this:** Set the alarm on your smartphone to remind you to give your butt an hourly breather, and of course, maintain your healthy, active *Oxygen* lifestyle to get rid of those fat cells before they even have a chance to spread!

READER QUESTION:

One of my calves is bigger than the other. How did this happen and how can I even them out?

Answer: Don't go pointing the finger at yourself — you may not have done anything at all to make one of your calves grow larger or shrink smaller. It's not unusual to have one bodypart that is genetically bigger than the other, or to have it adapt to a stimulus to become so, especially if you are side-dominant. Tennis great Martina Navratilova, for example, had a hitting arm that was significantly larger and more powerful than the other as a result of her years on the court.

But you're not destined to walk crookedly forever: You can help balance your calves by doing single-legged exercises, which will force the flagging side to work harder. Stretching and foam rolling can also help loosen the muscle fibers and fascia, allowing more blood to flow to the muscle encouraging growth.



“The dictionary is the only place where success comes before work.”

—Vince Lombardi, football coach

WORKOUT QUICKIE: obliques

Everyone's obsessed with their six-pack, but well-defined obliques can make your waist look smaller and improve the overall appearance of your midsection. Do this workout up to three days per week to whittle your middle and carve up your abs.

EXERCISE	SETS	REPS
Russian medicine ball twist	3	20
Stability ball oblique crunch	3	15 each side
Cable woodchopper	3	15 each side

WHY NOT YOU?

Ever dream of **becoming a personal trainer**?
Turn your dreams into reality with **ISSA education**.

Love your job like ISSA Trainer Lesslee Belmore

“I wasn't always healthy and fit, in my mid-forties I had some issues with my health. So I decided to make some changes to my diet, starting with eliminating most processed foods, eliminating most sugar and hiring a trainer to teach me how to use weights. What a great investment! It didn't take long for my body to respond to these changes, and I was sold for life.

This lit a fire for me and I was determined to share this knowledge with others so that they could be helped the way I was. I decided to go to school for fitness and nutrition to acquire the credibility and knowledge that I needed. After doing my research I chose ISSA. It was very clear that they were on the cutting edge when it came to certifications and application of knowledge. I now have two certifications from ISSA, and I would recommend their programs to anyone who is serious about a career in fitness and not afraid to study.”

—Lesslee Belmore, ISSA CFT, SFN
nutritionalpath.com



ISSA.
Nationally Accredited.
Certification to Degree.
100% Online.

The ISSA Your Trusted Source for Fitness Education Since 1988
ISSA's nationally accredited distance education programs provide the education you need to become a Personal Trainer, Elite Trainer, or Master Trainer. Take your certification courses even higher and earn an Associate's Degree in Exercise Science with an Emphasis in Personal Training. Military and Veteran Tuition Assistance approved.

ISSAoxygen.com
1.800.892.4772
Mention oxy1412



ISSA • 1015 Mark Ave • Carpinteria, CA • 93013



Photo: Matt Meigs

the right fit.

delicious pudding packed with protein.

15g
protein

100
calories



protein never tasted so good!

Looking for a guilt-free snack with the perfect amount of protein to fuel your busy lifestyle? Try Fit & Lean Power Pak Pudding, the rich and creamy protein-packed snack with only 100 calories. It's low carb, sugar free, lactose free and simply delicious. Start looking and feeling your best today with new Fit & Lean Power Pak Pudding.

sugar free • gluten free
lactose free • low carbs



1.888.783.8844 • PowerPakPudding.com



© 2014 Maximum Human Performance, LLC. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.



Improve your performance in the gym by eating smart.

Your best workout fuel

➔ What's the proper amount to eat before you head to the gym? Not too little; not too much. Experts advise finding a happy medium. Exercising on an empty stomach can lead to the breakdown of muscle tissue, which can negatively impact your metabolism and could ultimately lead to injury. Exercising on a full stomach, however, could cause cramping or leave you feeling tired. Your plan: Eat a well-rounded meal, such as a sandwich with lean protein, vegetables and avocado on whole-grain bread, at least two to three hours before working out. But if hunger hits within an hour of starting your set, opt for something the next time that will be digested faster, such as a bowl of cereal or a piece of fruit.



Retrain your brain, crave clean food

When you eat a piece of cheese, cookie or cake and you love the taste, the result is an increase in dopamine levels in your brain. A new study performed at Tufts University suggests it may be possible to retrain your brain to crave more nutritious foods, too. Eating healthfully over time helps you feel better emotionally and physically, which also increases dopamine levels.

Chew on this: The next time you bite into a perfectly ripe piece of fruit, a deliciously roasted vegetable or a cool and creamy spoonful of yogurt, savor the moment and ponder two things: What you're enjoying about the taste of that food and how it's making your body stronger. These actions could increase dopamine levels, which in turn could help you make the healthier choice more often.



PUSH

your recovery past previous barriers.



ULTRA-PREMIUM PROTEIN. ULTRA-PREMIUM TASTE.™

SYNTHA-6® is an ultra-premium blended protein powder that delivers best in class flavor and 10 grams of naturally occurring essential amino acids in every scoop. You will never again have to sacrifice taste for recovery as you prepare to conquer your next goal.



LEAN MUSCLE



RECOVERY



USE ANYTIME, DAY OR NIGHT

For more information and special offers, visit:

www.goBSN.com

TEAM BSN ATHLETE
Amanda Latona
IFBB Pro Bikini Competitor



SYN-AL1 ©2014 BSN®

**FOOD
OF THE
MONTH**



Nutrient-rich pomegranate

This season, snack on fruit popcorn — the juicy, tart seeds of pomegranates (called arils) are bursting with important nutrients for active women, including fiber, vitamins C and K, and potassium. The seeds are also a source of a unique antioxidant called punicalagin, which is responsible for giving pomegranate juice its deep red color. A single pomegranate contains anywhere between 200 and 1,400 arils.

To remove arils, cut the pomegranate in half and hold one half, cut side down, over a bowl of water. Use the flat side of wooden spoon to forcefully tap the hard outer skin of the pomegranate, letting the arils and white pith fall into the bowl. The arils will sink to the bottom of the bowl while the pith will float, making it easy to scoop away the pith with a spoon or strainer. Drain the bowl and enjoy a healthful snack of fruit popcorn.

- **in season** → Whole pomegranates are typically available September through January, while pomegranate juice and packaged fresh and frozen seeds are available year-round
- **look for** → Bright red fruit that is firm and heavy for its size with no bruises or yellowing
- **to serve** → Serve arils sprinkled over salads, yogurt or blended into smoothies



PHENBUTEROL™

(UCP-1 Activator 505mg)

Maximum Strength Fat Burning Catalyst



30 Capsules
Dietary Supplement

MuscleMeds™
PERFORMANCE TECHNOLOGIES

WEIGHT LOSS BREAKTHROUGH

PHENBUTEROL introduces a new development in advanced fat burning technology. New research has identified a unique tissue in the body called brown adipose tissue (BAT) that actually helps burn body fat. The majority of the body's fat deposits consist of white adipose tissue, which stores food (energy) as fat — forcing you to gain weight. But BAT is beneficial because it's a "calorie burning fat" that converts food energy directly into heat, helping you to lose weight and get leaner.

PHENBUTEROL activates BAT by targeting a mitochondrial transport protein called UCP-1 (uncoupling protein 1). UCP-1 stimulates BAT and triggers thermogenesis. When BAT thermogenesis is activated, it uses stored body fat as its preferred energy source, helping you to melt off the pounds. **PHENBUTEROL** is a weight loss breakthrough that boosts your ability to burn fat and look your best.

MuscleMeds
PERFORMANCE TECHNOLOGIES

888.575.7067 • MuscleMedsRx.com

PROSOURCE
NET

**theVitamin
Shopper**
every body has secrets

© 2014 MuscleMeds. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.

Recipe makeover

POMEGRANATE RELISH

Makes 6 servings

Add this festive nutrient-packed relish to your holiday tables in place of traditional cranberry sauce, which is typically drowned in added sugars. You'll get similar tart flavors, but with a fresh pop of color, a good amount of fiber and a vitamin boost. This relish also makes an excellent topping for beef, chicken, turkey, pork, seafood and salads.

- Arils (seeds) from 1 pomegranate
- 1 large avocado, peeled, pitted and diced
- ¼ cup diced red onion
- 1 tablespoon honey
- ¼ teaspoon black pepper

Remove arils from pomegranate, discarding white pith (membrane) and outer peel. Rinse arils and place them in a medium bowl. Add diced avocado and onion. Drizzle honey over top and sprinkle with black pepper; toss gently to incorporate. Serve immediately or let sit at room temperature up to one hour before serving.

Nutrition facts (per serving): Serving size: ½ cup; 63 calories; 1 g total fats; 12 g total carbohydrates; 3 g dietary fiber; 4 mg sodium, 1 g protein

Want to share your recipe? Email us at readerrecipes@oxygenmag.com!



Know your numbers!

You've always believed knowledge is power, so you'll be excited to learn that one fresh order-at-the-counter restaurant chain is now serving up nutrition information on receipts. Modmarket, currently with locations in Colorado and Texas, lets diners know how many calories, fat, protein and carbohydrate grams are in the food they order by printing the stats right on their receipts. Calorie counts have been listed on restaurant menus in New York since 2008, and results are mixed on whether or not the information influences a diner's food choices. Would you want to know? We're guessing your answer is yes.

98%

The increase in your snacking when you watch an action-packed TV show. Here's why:

A new study out of Cornell University shows that watching fast-action flicks and episodes almost doubles the amount of food and calories viewers eat compared to those watching less exciting shows. Your plan: Dodge a mindless-viewing binge by portioning snacks before sitting down to watch that next action nail-biter.

Introducing Jasmine Adele



Age: 29

Job Career: Equinox Health Pilates

Dept. Manager

Hometown: Huntington Beach, Ca

Get to Know Jasmine:

The gorgeous, warm-spirited, up-and-coming fitness model premieres as the next campaign model for the New Moriche Palm Diet. Earning her B.A. in Dance Performance and Sociology from University of California, Irvine, she's proven herself to be both enchanting and intelligent.

What You May Not Know About Jasmine:

She's naturally curvaceous with iron-strong legs and a remarkable 23-inch waist. Her other measurements are a 34DD bust and 37-inch hips. At 5'5" tall, this model revels in her Coca-Cola shape!

How She Keeps Her Figure:

Waist training, Pilates, and the Moriche Palm Diet.





Burn fat with cacao

The X-factor

Over the last few years the number of emergency room visits associated with anti-anxiety drug Xanax has doubled. According to a report from the Substance Abuse and Mental Health Services Administration, Xanax was responsible for 124,000 cases in 2011, the most recent year for which there is data.

Try it today: Use Xanax sparingly and never combine it with alcohol. Investigate natural remedies for anxiety such as meditation, deep breathing or biofeedback.

➔ Recent Japanese research points to cacao powder as a fat-burning superfood with lots of promise. Cacao is loaded with flavonoids, and one in particular, known as flavan-3-ols, seems to boost the production of enzymes involved in burning fat.

» **Try it today:** When you're making your daily protein shake, try throwing in 2 to 4 tablespoons of raw cacao powder, which has more active ingredients than other kinds.



IS YOUR TV KILLING YOU?

The Real Housewives isn't just turning your brain to mush, it might also be hurting your body. The American Heart Association recently reported that watching three hours a day of television increases your cause of death from any cause. Interestingly, the dangers of the boob tube aren't related only to being sedentary, as scientists found that time spent at a computer or driving did not carry the same risks.

» **Try it today:** Turn the TV off and watch as your productivity spikes by reading, talking, cooking more and generally procrastinating less.

STAND UP FOR YOUR HEALTH

You know that long periods of sitting can be detrimental to your health, but a new study looked at the differences between sitting and standing when it comes to mortality. After examining the lifestyles of almost 17,000 subjects, researchers found that those who stood more every day had significantly less chance of dying from cancer and cardiovascular disease than those who sat.

» **Try it today:** On days you can't work out, be sure to get up and walk around several times a day. If you spend hours at a computer every day, look into a stand-up workstation.

970,000 +

THE NUMBER OF PEOPLE TREATED IN EMERGENCY ROOMS FOR WEIGHT TRAINING-RELATED INJURIES BETWEEN 1990 AND 2007, ACCORDING TO THE NATIONAL INJURY SURVEILLANCE DATABASE. INTERESTINGLY, 82 PERCENT OF THESE WERE MEN.



RIPPED JUICE™ EX2

VIRGINIA HARNWELL
BETANCOURT NUTRITION
BIKINI ATHLETE

WEIGHT MANAGEMENT WITH JUST 1 CAPSULE PER SERVING

Thermogenesis is the process by which your body produces heat. Support energy levels through the central nervous system and weight management with just one capsule per serving.†

**GREEN
COFFEE BEAN**

**CITRUS
AURANTIUM**

**RAUWOLSCINE
HCL**

Citrus Aurantium: has been used for a long time in fat loss products because of its synephrine content which is suggested to have lipolytic (fat loss) activity.†

Green Coffee Bean (Chlorogenic Acid): The hype surrounding Green Coffee Bean is really a result of its chlorogenic acid content which is responsible for all the weight management claims. Chlorogenic acid may help reduce glucose absorption in the body thereby leading your body to tap into its fat stores for fuel.†

Rauwolsine HCl: One of the industry's hottest ingredients for supporting weight management and energy.

BODYBUILDING.COM™

theVitamin Shoppe
every body matters™

**MUSCLE &
STRENGTH**



**LOVE
STAR**
DISTRIBUTION

**MUSCLE FOODS
USA**
MUSCLE FOODS USA

†These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.



Like

our Fan Page on Facebook
for Free Monthly Giveaways.

**BETANCOURT
NUTRITION**



HOW TO CREATE A TRAINING IMAGERY SCRIPT

- **Choose the skill**, for example, completing 10 reps of a squat. Before you begin the scripting process, consider, "What do I want to accomplish here? What do I need to do to accomplish that?"
- **Take several deep breaths** to relax.
- **Engage in the skill**, the exercise. Be aware of what's taking place. A gym can be very distracting. You may feel very self-conscious.
- **In your script, block out all of the gym's distractions.** Focus on a specific technical goal such as doing a squat for 10 reps. Concentrate on proper form: moving your hips rearward at the start of a rep, keeping the hips under the torso, knees behind the toes. Or imagine what it might feel like when you reach the seventh rep and your quads start hurting. Imagine yourself reaching this point and telling yourself, "Come on, bring it on" for the last three reps. It's always those last three reps that make a difference. And of course, you can combine both the technical and motivational aspects into your script. (You can use this technique during your actual training as well.)
- **Use this basic approach and practice it** to build assorted scripts that will aid your development. Says Taylor, "The more you practice, the more that imagery allows you to connect your effort with your goal, and only by putting in a great effort can you achieve the goal, whether a new level of strength or a change in your physique. Remember, challenging yourself to reach the goal — say, those 10 reps of the squat — will produce affirmation and inspiration, which will motivate you to continue to work hard toward your fitness goals."

The script for success

This technique, adapted from professional and Olympic champions, can help you create the body you visualize. **By Jerry Kindela**

➔ Proper training and nutrition are absolute essentials for achieving your fitness goal of a svelte, strong body. But you can reach your goal much more quickly by adding a mental component known as "sports imagery." Depending on the goal, sports imagery asks the athlete to be aware of as many of her senses as necessary, while mentally rehearsing an intricate script that may include a broad number of variables. It is considered a "sensorimotor" experience — you connect to your awareness of the conditions around you, to your emotions and your psychological self, to the motion of the muscles as they move through a situation or task and to your goals, present and future. Imagery scripts can be complex or relatively basic; it depends on your needs.

The results of image scripts can be improved performance, speedier growth and change, and improved confidence in your abilities. Sport consultant Jim Taylor, Ph.D., an adjunct professor at the University of San Francisco and an expert in the psychology of performance who has worked with the Japanese and U.S. ski teams, U.S. Tennis Association and USA Triathlon, explains, "For athletes, the main benefit is skill development and preparing to give your best effort. With

an *Oxygen* reader, the script can motivate you to give your best effort when you begin a set. It can also help prepare you for creating good technique for completing a complex exercise. The greater the effort and best form result in greater gains, which generate further incentive to achieve your fitness goals." Sounds like a vicious cycle worth the effort.

However, there is a big caveat. Says Taylor, "The benefits of imagery come from commitment and consistency." He stresses that you need motivation and incentive. A growing number of athletes are using sports imagery in part because, he says, they "may have more tangible incentives" than everyday folks. Ultimately, you need to generate the drive to maintain sports-imagery practice, creating your own "tangible incentive." One way, suggests Taylor, is to "see the kind of body you want," your finished physique, whether you're wearing your training outfit, your little black dress, your swimsuit or whatever inspires you.

Bottom line, in the words of Nike's earliest advertising slogan: Just do it ... to which we add "regularly." Always give your best effort — when you rehearse your image script and when you hit a workout. ●

CREATED EXCLUSIVELY
FOR OXYGEN BY JIM
TAYLOR, PH.D.



MY PERFORMANCE
MY LIFESTYLE®

MPGSPORT.COM

AMBER ELIZABETH DODZWEIT,
FITNESS REBEL & WRITER



TITLE NINE

DEKA

REI

LIFETIME FITNESS

MEC

MPG · MONDETTA PERFORMANCE GEAR



Reduce hunger now

➔ Instead of going straight for the oatmeal or whole-grain toast for breakfast, you may want to consider bumping up your intake of protein. Between 30 and 39 grams of protein (as part of a 300-calorie breakfast), according to research on women between 18 and 55 conducted at the University of Missouri-Columbia, was shown to reduce hunger and prolong feelings of fullness. As well, the high-protein group ate less at lunch than their low-protein counterparts and those who skipped breakfast. Said lead investigator and research scientist Kevin C. Maki, "Eating a breakfast rich in protein significantly improves appetite control and may help women avoid overeating later in the day."

*Sample high-protein breakfast
(31 g protein; 229 calories)*



Extend muscle growth

➔ According to research conducted at the University of Texas, a mixture of 25 percent isolated soy protein, 50 percent caseinate and 25 percent whey was shown to deliver vital amino acids to working muscles up to one hour longer after a workout than a drink made of a single-source protein, which already provides significant benefits.

It's theorized that the difference in digestion times for each of the proteins helped create this sustained benefit to just-exercised muscle tissue. Remember, adding lean mass results in higher resting metabolic rate, which translates to fat loss nearly 24/7.

In short, a multi-blend of protein powders (the researchers refer to the mix as a "soy-dairy protein blend") in a postworkout shake may in fact offer significant benefits to post-workout recovery and growth factors. The study drink was ingested one hour after a workout. It bears mention that the study was funded by Dupont Nutrition & Health, which markets an isolated soy protein.

EXTENDED GROWTH SHAKE

- 1 tablespoon soy protein isolate
- 2 tablespoons casein protein powder
- 1 tablespoon whey protein isolate
- ½ cup orange juice (fresh, not from concentrate)
- Ice

Protein: 43 grams

Sugar (to drive the protein more rapidly into the muscle): 10 grams

Using a blender, liquefy all ingredients. If mixture is too dense, add water.

30

GRAMS OF PROTEIN YOU SHOULD EAT AT EACH OF YOUR DAILY THREE PRIMARY MEALS IN ORDER TO MAXIMIZE MUSCLE PROTEIN SYNTHESIS, ACCORDING TO UNIVERSITY OF TEXAS RESEARCHERS. SPREADING OUT PROTEIN INTAKE IMPROVES MUSCLE PROTEIN SYNTHESIS A WHOPPING 25 PERCENT COMPARED TO CONSUMING LITTLE OR NO PROTEIN FOR BREAKFAST AND LUNCH AND LOADING UP AT DINNER.

FUEL YOUR ENERGY

ENDURANCE. STRENGTH. FOCUS.

Designed to optimize your training for faster and more impressive results. Every 1-serving scoop provides ample compounds to accelerate energy levels, build muscle mass, reduce fatigue and improve recovery time. Mix it up before every workout for the ultimate pump, intensity and massive gains.



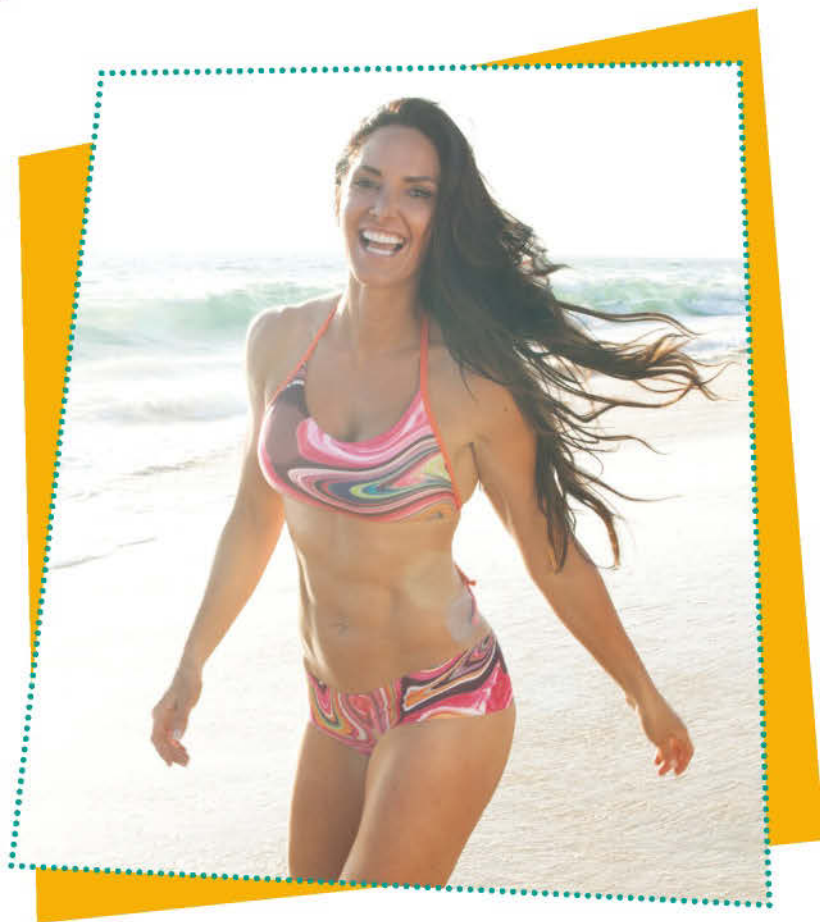
B BODYBUILDING.com™
Available Soon at



www.LIFTAGSPORT.com

LIFTAG
SPORT
Elevating Athletes Everyday

© 2014 LIFTAG SPORT All Rights Reserved. These statements have not been evaluated by the FDA. Read all labels before using.



Your holiday tool kit

Feeling a little overwhelmed by the season? Don't fret. Oxygen blogger and fitness model Lori Harder shares her guide to thriving, not surviving.

➔ At this time of year, it's easy to feel the pressure. Parties, meetings, concerts — all can wreak havoc on your bank account and your body. Sweatpants, movie marathons and a bucket of buttery popcorn may be the extent of your fitness motivation.

Let's all just take a deep breath together, shall we? There's not a fit woman among us who hasn't experienced her very own meltdown moments where tears, tantrums and jars of peanut butter are consumed — myself included. For many, this time of year can be tough — whether it's the endless temptations, struggles with finances or the emotions tied to distant memories. Many people silently struggle with feelings of loneliness, depression and anxiety.

But I believe every day should be viewed as another day to celebrate just being on this planet. I'm not saying you should be Clark Griswold every day, but hey, getting to that place wouldn't be so bad, would it? So instead of letting negative thoughts rob you of your energy, here are all the tools you need to not only survive, but thrive, during the holiday season.

1 Routine & rituals

Having daily rituals and sticking to a routine is the key to living a fit, happy lifestyle. Making sure you have a daily plan that includes moving your body and choosing food options that give you energy keep you feeling like yourself. Here's a super-secret fitness girl tip: Don't skip your workout — even if you only have 20 minutes at home. Find one go-to workout that's quick and make it your best friend. Just moving your body will bust up winter blues and release plenty of feel-good endorphins. Exercising intensely for 20 minutes will also help beat stress, anxiety and depression — all while bringing you an upward spiral of better choices throughout your day. Staying consistent makes it that much easier to get back into your normal routine when you have more time.

● **How to lock it in:** Recruit your friends, create accountability partners (these could be people you don't know that well, so you're less likely to cancel), schedule unbreakable appointments and announce your plans to everyone over the course of the day and on social media. One method that has really been working for me is prepaying for group classes. Since I've got some skin in the game, I don't want to "flake" out.

2 Manage expectations

Look, I know you want to be living in that Folgers commercial, but let's talk about real life. Families aren't perfect, and people don't always get along. We're not going to find or afford that brilliant gift for everyone, and there are going to be moments that are less than perfect. Cookies burn, people break up and meal plans go up in flames. We must learn to forgive ourselves (and others) quickly, being grateful for the moments, bodies and lives we have — and getting right back to our (No. 1) routines.

● **How to lock it in:** Have a mantra when your plans go up in smoke or negative thoughts attack you. Mine goes something like this: "I recognize this sabotaging thought and choose to forgive it and love myself instead." After all, those thoughts only bring us to darker places. You must do something opposite of what you have been doing. Start making the choices that love you back. You don't have to punish yourself again

for making a mistake, missing a workout or going off your plan. If forgiveness sounds hard to you, that's because it is. The only way for this to work is to continue practicing it. This will feel totally foreign, but just continue to repeat the mantra and take a minute to close your eyes, breathe and choose your next step from a calmer place. I find that going for a walk or having a go-to book, upbeat song or friend to call works best to break my negative mood.

3 Focus on how you can help

They say the best way to feel good about yourself is to make someone feel great about themselves. I know it's easy to get caught up in wanting to look amazing at that company party, or having the best-decorated house on the block, but none of this matters if you don't feel good. These things are nice, but they don't bring lasting happiness. Giving, in any way, shape or form, will make this holiday season one to remember.

● **How to lock it in:** There's plenty you can do just by giving your time. Check your local area for bell-ringing, feeding the homeless or perhaps take a closer look at some of your acquaintances and ask if anyone could use an extra hand with meals, shoveling or just a friendly coffee date for a listening ear. Nothing snaps you out of feeling sorry for yourself like getting out of your head and helping others.

4 Create your own traditions

If your current traditions are causing more anxiety and bloat than you're comfortable with, why not try to come up with your own? In my family, we used to sit around the whole week, drink wine, make fires, indulge on goodies all day and overspend on gifts. When we realized that the recovery from the aftermath of our week was way too much work, we took a good look at what would make us feel better about our time together and made some changes.

● **How to lock it in:** Preplan your meals. It's fun to try healthy versions of traditional favorites. Things can still be super delish when made with some smarter options! Of course, you know that Oxygen offers plenty of recipe options, and there are a ton on my website (busygirlhealthylife.com) for

you to make as well. Plan walks after large meals or even before the festivities begin! It's so much fun to bundle everyone up and take family pics outside during the walk and in the snow. You can get creative by planning group workouts, games or dance parties that are holiday themed! And there are always community events that support great causes that you can sign your whole crew up for. There's always a great way to combine giving and getting a great sweat in. The key is to try something that doesn't only evolve around food.

● **Get creative:** Instead of overspending, let everyone choose one name from a hat and get that person a meaningful gift. This way you're not spreading yourself or your wallet too thin by giving meaningless gifts to every person you know. I also love re-gifting my favorite books, writing a special note inside, and telling them to write in it and hand it down when they're done as well. You could also write out your favorite healthy pancake or oatmeal recipe, and tie it to a mason jar with some of the ingredients in it — so cute and festive!

5 Give yourself a timeout, drink water and feed yourself

This one seems obvious, but in reality, we're always around people (out and about or in our homes), the store lines are longer, the traffic is thicker and we sometimes get caught outside of our home all day. Toward the end of the day, we're so exhausted and famished that many of us find ourselves in a fast food line or starving. I don't know about you, but being around that many people, and on top of that, being hungry, makes me snap faster than Rice Krispies at a milk convention. Taking even a few minutes for yourself is vital, and so is eating every few hours. This not only keeps you calm and full of energy, it also keeps you from binging, or worse, flying off the handle at someone you love. Water helps prevent fatigue and is necessary for the brain and body to function properly. When properly hydrated, you'll experience more clarity, your appetite will be in check and your workouts will drastically improve.

● **How to lock it in:** Put a note on your bathroom mirror or front door reminding you to prep your meals and

bring your gallon of water. Also on the note, include your "why." Remind yourself why you deserve to take the actions that love you back. I use something like, "One happy, healthy person can change someone's day or save a life. I am that change." Write whatever resonates with you and will make you do it, and stick to it! You may just want to keep it simple and write, "This is how I earn my happy."

No matter what type of funk you're in, just know you're not alone. We're all fighting this battle daily, and if you just keep going back to the tools and use them, you're winning the battle. Like all things, this takes time, but with enough practice, you'll no longer fear the holiday season. Equipped with the right tools, you'll be able to bust yourself right out of those blues.

Everything about you is perfect as you are, and by being brave enough to acknowledge and fight these feelings, your light inspires and ignites the heart of others and allows them to do the same.

Never forget you are worth fighting for. Use the tools like your happiness depends on it — because it does. ●



Lori Harder knows the value of staying active and positive.



Knowledge is power

By Diane Hart, editor-in-chief

➔ For Maggie Corso, a 45-year-old busy mom of two, juggling her full-time work with MHP Nutrition as well as staying in shape for Figure means there is little room for backsliding on the food front — she sticks to her clean diet about 80 percent of the time.

“I have learned that by placing the foods that I enjoy into my day where they are best utilized by my body, I stay lean, satisfied and never feel as if I’m ‘dieting.’ In short, a little bit of nutrition knowledge can be the best tool in your entire toolkit for meaningful clean eating,” she says. Here, she shares a few of her tools:

Plan well. Stock well. If you’re as short on time as I am day-to-day, planning ahead is the most critical factor. I see planning my meals as no different than planning what I have to do to get my kids up, showered, fed, dressed

and off to school with lunches, snacks and whatever else needs to go with them each day. Add yourself to the list of children to plan for.

Good food on hand. Having quick-pull items in the fridge or freezer at all times is essential. My freezer is always stocked with large bags of frozen veggies like broccoli, green beans and spinach. My fridge is never without eggs, cucumbers, carrots and leafy greens. I pack my meals each day at the same time that I pack my boys’ lunches. The only difference is that my lunch bag is a six-meal tote!

Use a meal tote. This is, in my opinion, so important to meeting your meal goals. You will look at it every day, and it will just dare you to fill it with the foods that you know you need to be eating versus the foods that you’ll end up eating. It’s a little piece of discipline

that will save you from making bad choices on any given day.

Frozen veggies, precooked chicken and hard-boiled eggs are my go-to sources for rushed mornings. Having these on hand means that I can dash out of my house with three to six meals in as much time as it takes to grab my Tupperware. Frozen veggies are king because they keep longer and can be packed into containers still frozen. I’ve had many a day when my schedule has been botched. Without time to cook, heat or defrost, I’ve grabbed frozen broccoli, green beans and enough hard-boiled eggs to make several meals and just go. The veggies defrost themselves, so even in absence of a microwave, there’s no miss.

Eat your planned meals. Stop eating your family’s leftovers. I know it’s hard to see wasted food, and I used to run all the same internal dialogue that I bet you do, too: “I haven’t eaten and it’s just a tiny amount.” Believe me, the wrong foods at the wrong times coupled with skipping planned meals is always our undoing.

Shop from the perimeter of the grocery store. Purchase real, whole-food items that don’t contain added ingredients. You’ll be doing yourself a huge favor by buying only good stuff. ●

MAGGIE’S ONE-DAY MEAL PLAN:

- **Breakfast:** Oatmeal, 1 cup with ½ scoop of MHP Paleo Protein
- **Morning snack:** 1 small container of non-fat plain Greek yogurt with ½ scoop of MHP Isofast Vanilla Milkshake Protein and ½ cup of blueberries or strawberries
- **Lunch:** Grilled chicken (5 ounces), 1 medium sweet potato, 2 cups broccoli
- **Midday snack:** 1 whole cucumber with vinegar, salt and dill
- **Dinner:** 4-ounce salmon filet, 2 cups green beans, 1 cup salad greens and 1 whole tomato.
- **Bedtime snack:** ¼ cup of almonds and MHP Fit & Lean Pudding, ½ scoop of MHP Probiotic Protein

MY MHP STACK

MHP FIT TRAINER
MHP TRAC EXTREME
MHP DARK MATTER
ZERO CARB CONCENTRATE
MHP ISOFAST PROTEIN
MHP PALEO PROTEIN
MHP PROBIOTIC PROTEIN

MY MHP MULTI
MHP ACTIVATE SPORT



WWW.GYMANGEL.COM

TAKE flight!



Available At:



4GYMANGEL™

DIETARY SUPPLEMENTS DESIGNED
SPECIFICALLY FOR WOMEN.



Eat right, lessen your stress

By Tosca Reno

➔ The holiday season isn't supposed to be about stress, but try telling that to a multi-tasking momma. You probably feel your cortisol levels climbing from October to January — and that's just thinking about gifts, meals, decor and celebrations. Now try to manage your career, family, training and nutrition on top of that — it will drive a girl to drink. Unless you have a strategy. Here's how to stay sane.

1 • Maintain a clean, nutrient-dense, well-prepared eating regimen. Set yourself a goal to indulge occasionally and not overmuch, eat foods you recognize as being whole — leafy greens, raw vegetables with hummus, naturally raised meats — and welcome healthy fats.

2 • Eat well-sourced olive oil, butter, coconut oil, other seed and nut oils and avocados. The healthy fats satisfy you, curbing urges to mindlessly snack and gobble. While sugar, processed foods, caffeine and alcohol can make matters worse, clean foods, including complex carbs from whole grains, fruits and vegetables, wild fish full of fatty acids, nuts and other fats, may help you stay calm.

3 • Never skip breakfast. This meal is the most important of the day, setting the bar for your day nutritionally and otherwise. When your day is going to be a long one, breakfast is a must to help you get through it.

4 • Keep caffeine and alcohol intake moderate. Less is always best, and if you have a glass of wine, make it red, but always follow up with double the amount of water. The same holds true for coffee or teas — drink them clear and black, and double fist with twice the amount of water.

5 • Notice the emphasis I place on drinking enough water. This happens to be a common nutritional deficiency in North America, mainly because, as much as we seem to carry our water bottle around with us, we are carrying diuretic beverages from coffee and tea to athletic beverages, juices, sodas and more in the other hand. Being dehydrated brings on feelings of anxiety that can be washed away just by drinking water. Keeping yourself properly hydrated bathes your organs in water and electrolytes, and helps free stress. You should aim to drink 3 to 3 ½ liters of water each day.

6 • Eat small meals regularly. Eating-clean principles advocate that, too, and it's because the body runs more efficiently on steady and predictable levels of fuel. No stress to contend with when you know you have your clean fare on hand.

PHOTO BY PETER LUEDERS • STYLIST: JULIA PERRY • HAIR AND MAKEUP: NANCY JAMBAZIAN
• FLORAL PRINT DRESS BY ROBERTO CAVALLI

7 • Give yourself permission to go easy. Take a day off and “hide” from the world. Rest, read, go for a walk outdoors, say “no” a lot and let things slide. Last year we experienced a vicious ice storm that knocked power, water, heat and hydro out for 10 days (in some places more). That storm wiped out the Christmas I normally would have hosted. Our whole family had to reorganize, and guess what? We did it! All of us piled into my daughter’s small apartment, lit the tree, opened gifts and took up new traditions with a lot less stress.

If you choose one or all seven of these strategies, it will help you enjoy the holidays instead of enduring them.

I look forward to hearing how you fared. Don’t forget to share your strategies with me.

Happy Holidays!
I’m always listening.

Tosca Reno



Pumpkin, sausage & sage pasta

A meal in a bowl is my idea of ease and comfort in one, especially over the holidays. Make this delicious pumpkin and sage pasta for a taste of the holidays with none of the fuss. The fresh grated nutmeg really makes the flavor.

- 1 pound medium-sized pasta (penne)
- 1 pound Italian sausage
- 1 medium yellow onion, peeled and coarsely chopped
- 2 stalks celery, trimmed and coarsely chopped
- 5 cloves garlic
- 2 good-sized dry bay leaves
- ¼ cup fresh chopped sage leaves
- 2 cups low-sodium chicken stock or water
- 1 ½ cups cooked pumpkin, mashed with a fork
- ½ cup nonfat plain Greek yogurt
- ½ teaspoon fresh grated nutmeg
- unrefined sea salt
- fresh ground black pepper
- chopped fresh cilantro for garnish

Follow instructions on package to cook pasta. When done, drain, cover and set aside. • In a large skillet, brown sausages over medium heat. Add onion and celery, and cook until soft, about five minutes. Add garlic and cook until fragrant, about three minutes. Add bay leaf, sage and stock to pan. Cook for another 12 minutes or until liquid has reduced by half. • Stir in pumpkin and Greek yogurt and stir until combined. Season with nutmeg, salt and pepper. Simmer for eight minutes. • Add cooked pasta to the pumpkin mixture and toss gently while heating through. Remove the bay leaves and garnish with cilantro to serve.

From the bestselling author of THE EAT-CLEAN DIET

The Simple Steps That Helped Me Transition

from **FAT** to **SLIM**

I went from overwhelmed and overweight to the person you see today, but **my 70 pound body transformation didn’t happen overnight!**

My process was simple: **JUST 3 STEPS.**

Use them to begin your journey to weight loss and optimal health.

www.ToscaReno.com

 **CONNECT WITH TOSCA** 

A Ballantine Books hardcover and eBook



Sweet + spicy = yum!

Healthy nutrients meet delicious seasonal flavors in this refreshing smoothie. **By Erin Macdonald, RDN & Tiffani Bachus, RDN**



CHAI-SPICED PEAR CRANBERRY SHAKE

Makes 1 serving

- 8 ounces light cranberry juice
- 1 Bosc pear, peeled, seeded and chopped
- 1 scoop vanilla whey protein powder
- ½ teaspoon pure vanilla extract
- ⅛ teaspoon cinnamon
- Pinch allspice
- ⅛ teaspoon fresh grated ginger
- Ice cubes

1. Place all ingredients (except ice) into a blender and blend until smooth. Adjust seasonings as desired.
2. Add ice to achieve desired thickness.

Nutrition facts (per serving):

228 calories, 1.5 g total fats, 19 g protein, 35 g carbohydrates, 4 g fiber



Regularly drinking cranberry juice can reduce your risk of getting a UTI.



► Fall flavor:

Cinnamon is a sweet, aromatic spice that can help reduce the rise in blood sugar after eating by slowing down the rate at which the stomach empties after meals.

► Belly buddy:

Ginger is a great digestive aid and can help out your tummy when you're feeling nauseous.

► Nutrition in a

pear tree: Pears are a good source of boron, a trace mineral. Boron helps the body retain calcium, thus preventing osteoporosis.

► Natural remedy:

Reduce inflammation by drinking cranberry juice, which contains salicylic acid. The U.S. National Library of Medicine states that drinking cranberry juice regularly increases the level of salicylic acid in the body, thus reducing inflammation in the body.

The Power of RAW VEGAN PROTEINS!

**OKSANA
GRISHINA**
IFBB PRO
FITNESS
CHAMPION
& TEAM SAN

Vegan Diets Haven't Always Been Easy For Athletes

In the past, it wasn't always an easy choice to live a vegan lifestyle if you're goals were to be a serious athlete, let alone if you wanted to build muscle mass. It was hard enough to get abundant protein through diet alone, but almost all supplemental protein sources of the past haven't been vegan-friendly.

A New Generation Of Plant Protein Without Sacrifice

Over a year full of vigorous research and development in cold-extrusion technologies has resulted in an unmatched, vegan-approved protein formula from SAN. Not only is **RAWFUSION** non-GMO, organic and allergen-free, it also offers an incredible **21 grams** of custom bio-fermented protein per serving—in a vegan formula.

RAWFUSION's exclusive mix of pea protein isolate, sprouted brown rice, artichoke protein concentrate and an EFA-rich sunflower oil matrix has created a patent-pending formula that is ideal for vegans and a sensible choice for non-vegans as well. In fact, with over **4.5 grams** of glutamine per serving, **RAWFUSION's** amino acid profile rivals that of milk protein.

RAWFUSION is an unequaled vegan protein formula for anyone seeking an ultra-healthy lifestyle and unwilling to make sacrifices.*



CONGRATULATIONS

OKSANA GRISHINA ON A CHAMPIONSHIP YEAR!

1st PLACE



2014 ARNOLD CLASSIC

1st PLACE



2014 OLYMPIA

RAWFUSION HIGHLIGHTS:

- 100% Raw Sprouted Plant Protein derived from Pea, Brown Rice & Artichoke.
- Rich in BCAA's & Glutamine to support muscle growth & strength.*
- Cholesterol FREE as well as Lactose FREE for gentleness on the digestive system.*
- 100% Natural, GMO FREE & Vegan approved!

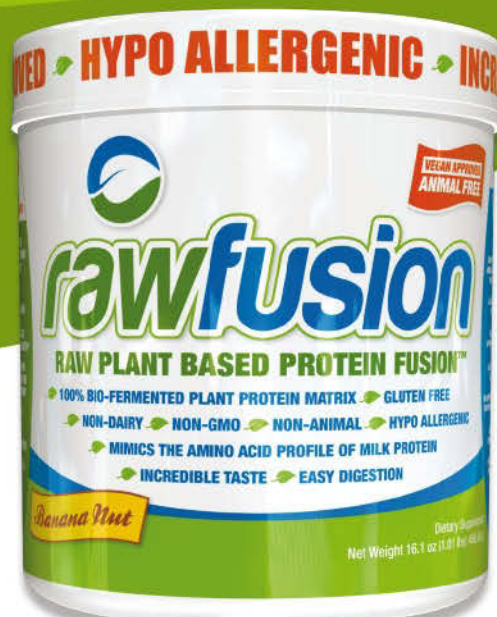
Pea Protein Isolate



Rice Protein Isolate



Artichoke Protein Powder



SANN.NET
(888) 519-9300



* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Perfect protein

Who said healthy has to taste bland? This Japanese-inspired edamame recipe delivers a flavor and energy kick. **By Allison Young**



A popular bar snack in Japan, edamame is one of the few plant proteins that contains all nine essential amino acids. It also breaks the veggie rules when it comes to energy-boosting iron, delivering 22 percent of your daily needs — that's more than double the iron of a 3-ounce flank steak. You'll also get plenty of bone-building calcium as well as magnesium, a mineral that may boost athletic performance. A study published in the *Journal of Nutrition* found that low magnesium can zap energy during exercise. Fun to eat hot and cold, edamame has another weight-loss trick up its ... pod: It delivers a whopping 7 grams of filling fiber per cup.

CHILI LIME EDAMAME

Ready in 10 minutes
Makes 1 serving

- 1 cup frozen edamame in their pods
- 1 teaspoon low-sodium tamari
- 1 tablespoon sriracha
- 1 tablespoon balsamic vinegar
- 1 lime wedge
- 1 tablespoon sesame seeds

- 1.** Bring a pot of water to a boil, add edamame, reduce heat and cook until bright green, two to four minutes. Drain. You can skip this step by thawing the edamame in a strainer at room temperature for an hour.
- 2.** Heat the tamari, sriracha and balsamic vinegar in a pan over medium-high heat, one minute. Stir in the edamame and cook two minutes. Top with a squeeze of lime and sesame seeds and serve.

Nutrition facts (per serving):
207 calories, 10 g total fats, 0.5 g saturated fat, 348 mg sodium, 16 g total carbohydrates, 7 g fiber, 6 g sugar, 13.5 g protein



Pod power!

This spicy edamame snack packs in 12 grams of protein per cup.

» Pick it

Like soy sauce, tamari is made from fermented soybeans, but it's slightly thicker, more flavorful and contains no (or little) wheat.

» Iron up

Cooking in a cast-iron skillet can increase the iron content of your food.

» Spice it up

If you like it hot, up the sriracha; just keep in mind each teaspoon adds 100 milligrams sodium.

» Serve it

This snack works as both an on-the-go muncher and a hot-off-the-pan party appetizer.

B

TRAIN HARDER

RECOVER FASTER™



Aminolytes® delivers 10 grams of total amino acids. Our redesigned formula includes electrolytes that enhance muscle endurance during workouts and accelerate post-workout recovery.*

BEAST™

THE STRONGEST NAME IN SPORTS NUTRITION™

AVAILABLE AT



GET TO THE NEW
BEASTSPORTS.com



Fast track to fitness

These fitness trackers are tops for helping you turn every workout into a personal triumph.

By Myatt Murphy, CSCS

➤ Rain rugged

The Polar Loop measures how you spend your day, such as steps taken and calories blasted, and it's waterproof, so your time spent in the pool, braving the waves — or even just walking in the rain — always gets counted. **\$110, polarloop.com**



➤ Noggin know-how

This first-of-its-kind smart biking helmet by LifeBEAM uses a built-in laser that determines your heart rate from your forehead. What it monitors — your pulse, distance and calories burned — then gets beamed to your smartphone, sports watch or cycling computer. **\$199, life-beam.com**



➤ Serious sensor

Adidas' FIT SMART training device measures your heart rate, calories, pace, distance and stride rate and stores up to 10 hours' worth of workouts. Plus it syncs with the miCoach Train and Run app where you can access hundreds of free customized training plans tailored to your fitness level. **\$199, micoach.adidas.com**



➤ Posture pal

Not only does this tiny device monitor daily activities like steps and calories, but the Lumo Lift also accesses your body's position. Every time you dare to slouch, it vibrates to remind you to pull your shoulders back and raise your head. **\$99, lumobodytech.com**



➤ Pulse perfect

The water-resistant Mio FUSE offers two modes of tracking — all-day activity or workout only — and uses special sensors that track blood flowing below your skin, providing (it says) an EKG-most precise among wrist monitors that don't require a chest strap. **\$180, mioglobal.com**

The right tech can help you reach your exercise goals every time you sweat!

➤ Phone friendly

The Razer Nabu fitness band/smartwatch hybrid counts everything from calories burned to hours slept, and it also lists your smartphone notifications, including incoming emails and caller ID (which you can reject by shaking your wrist), and lets you exchange contact info with a friend wearing one by high-fiving them. **\$99, razerzone.com**



ADVERTISEMENT

NOW AVAILABLE TO GO!



Available on iPhone®, iPad®, Kindle,
Nook™ and Android tablets
and phones.



amazonkindle

nook™
by Barnes & Noble

zinio™

Apple, the Apple Logo, iPhone and iPad are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Kindle and Kindle Fire are trademarks of Amazon.com, Inc or its affiliates. NOOK is a registered trademark of barnesandnoble.com LLC or its affiliates.

clutch play

No matter what your goal — burn tons of fat, strengthen your core, get great glutes — this workout delivers. Cover model Amber Elizabeth Dodzweit shares her unique get-cut training protocol.

✕ By Lara McGlashan, CPT, Fitness Editor
Photography by Cory Sorensen





**30
minutes
and you're
done!**

Every fitness athlete dreams of being the face of a big-name brand and traveling the world promoting their products. Every athlete, that is, except Amber Elizabeth Dodzweit. This all-American track star had it all several years ago — the covers, the contract, the notoriety — but she realized in the thick of things that she wasn't living her truth. "I knew I would rather walk away at the pinnacle of my career and say I was true to the athlete that I know myself to be, than to endorse someone else's version of the truth," she says. And just like that she was gone.

But now she's back — this time on her own terms, choosing to work with those she admires.

Dodzweit has teamed up with trainer Ashley Conrad as the face of a sports performance company called

Clutch Bodyshop. As a Clutch athlete, Dodzweit helps create workouts, formulates supplements and promotes healthy all-natural living. "I also write the blog for the brand and love to tell stories through my writing to inspire people," she says.

This workout, designed exclusively for *Oxygen* readers, speaks to Dodzweit's extensive background in track and field. She uses this unique workout two to three days a week, alternating it with full-body strength sessions and plyometrics. "I also try to take at least two days a week off completely to recover," she says. In addition, every six weeks, Dodzweit takes four days in a row off completely; when she returns to training, she changes one variable in her workout to keep things fresh and progressive.

Xpart 1: drills

Go through this three times

Walking lunge 10 each leg
High kick 10 each leg
Exaggerated skip 20 yards
High knees 20 yards
Butt kicks 20 yards
Karaoke 10 yards each direction

For a full explanation of these drills and more, go to oxygenmag.com!



Walking lunge



High knees



High kick

According to Amber:

"Do your drills with absolute intention. In my running career, I lived and died by these drills. At the end of the day I knew that nobody was paying attention to the small things like I was, and those drills were one of those things. These drills get your muscles to fire quicker, which means your turnover will happen more quickly and you'll be faster as a result."

HAIR & MAKEUP: NANCY JAMBAZIAN • CLOTHING: ELISABETTA ROGANI • SHOES BY SKECHERS

Xpart 2: speed

Go through this four times

100-meter sprint

100-meter walk

According to Amber:

"When sprinting, keep your arms moving straight forward and back, and your legs will follow. Like they say, every action has an equal and opposite reaction — if your arm comes across your body, your opposite leg will also come across to compensate in order to keep you running straight. Separate your body right down the center into two halves and don't allow your arms to cross that center line."

Xpart 3: fat-burner circuit

Go through this three times

Dynamic burpee 10

Speed skater 10 each leg

One-legged hop 10 each leg

Lateral high knees 10 yards each way

Dynamic burpee ➡

"This move ignites every single muscle in your core."

Stand with your feet hip-width apart, arms at your sides. Crouch down and place your hands on the ground outside your feet. Jump your feet behind you so you're briefly in plank, then quickly jump them back underneath you. Extend your legs quickly and explode forward and upward, using your arms to help propel you. Land softly and repeat right away.

Tip: Make your burpees fluid, linking one to another in a chain.



Just the facts:

Amber Elizabeth Dodzweit

Birthdate: July 8, 1983

Birthplace: Canandaigua, NY

Current Residence: Los Angeles, CA

Height: 5'6"

Website: clutchbodyshop.com

Instagram: @amberdodzweit

Facebook: amberelizabeth



✕ part 3: fat-burner circuit, cont.

According to Amber:

"When you're moving straight forward and straight back, it does not matter where your feet hit. But when you move laterally, it changes the way you have to think and focus, and it makes your core work extra hard to keep your body square and straight."



↑ Speed skater

"This move is great for developing that beautiful line down the side of the leg that separates the hamstring from the quad." Stand with your feet hip-width apart, abs tight and upper body angled forward with a flat back. Leap explosively out to the side, landing on your outside foot and bending your knee and hip to absorb the impact. Swing your other leg behind you as if speed skating and follow with your arms. Continue, alternating sides. **Tip:** Stay low and compact to generate the most power as you leap side to side.

One-legged hop

"This move ensures that each leg is as strong as it can possibly be on its own." Stand on one foot with your arms at your sides, elbows bent. Bend your knee and hip, then leap forward, extending your leg quickly and going for a 1-yard distance with each hop. Land softly and bend your knee and hip to absorb the impact. Do all reps on one side before switching. **Tip:** Think of your working leg as a well-oiled spring; let it expand to leap forward, then compress smoothly as you land.

Lateral high knees

"Nothing works better to fire those outer/upper glute muscles than lateral exercises like this one." Stand with your feet hip-width apart, arms at your sides with your elbows bent. "Run" to the side while facing front by lifting your left knee to hip height and crossing it over your right side. Then lift your right knee to hip height and step to the right. Do all reps on one side before switching. **Tip:** Keep your arms moving forward and back — not across your body — to help keep you square and moving sideways.

xpart 4: agility

Go through this three times

Box drill 4

Shuttle drill 3

Spiderman crawl 40 yards

Box drill

"If you do this at 100 percent, every muscle in your body will fire with each change of direction."

Place four pebbles on the ground in a 10-by-10-yard square and stand at the left-hand corner to the outside of the pebble. Sprint all-out straight ahead to the second pebble, then shuffle laterally to the left to the third pebble. Change directions again and backpedal to the fourth pebble, and finally shuffle laterally to the right back to the start.

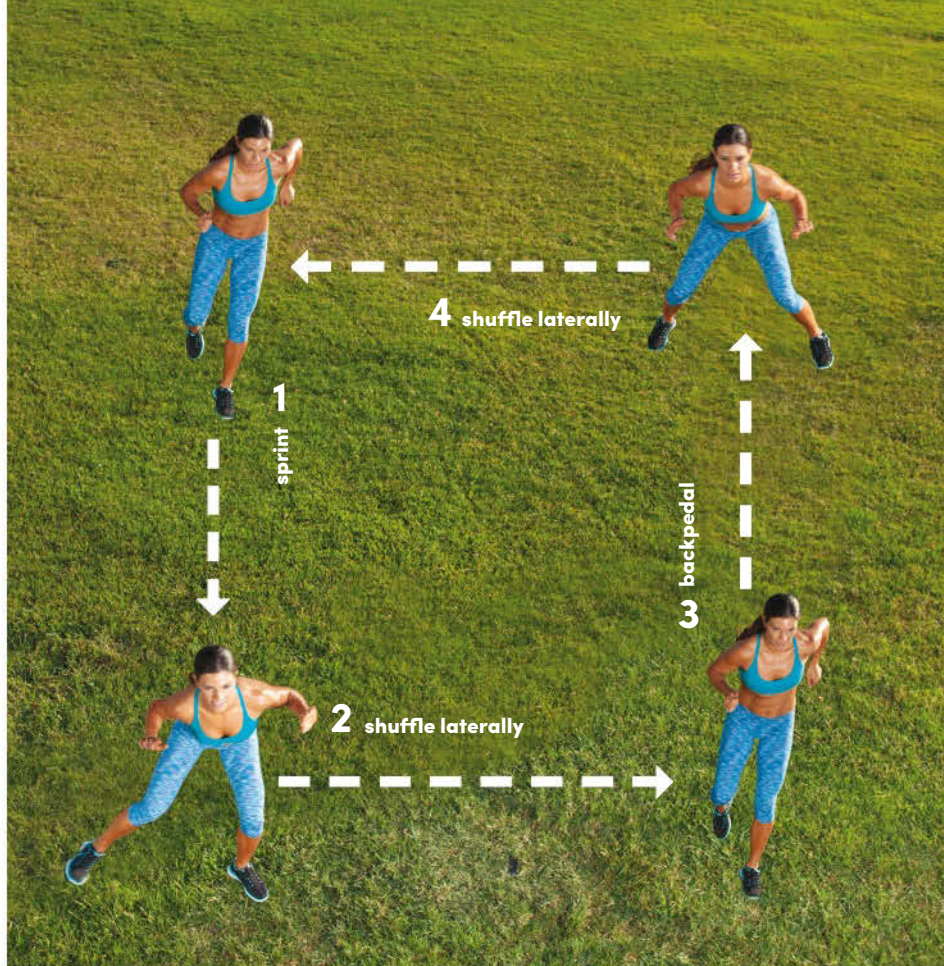
Tip: When you shuffle, don't cross your feet over one another. Also, stay low with tight abs and move your arms quickly to help you change direction more smoothly.

Shuttle drill

"I love to get a partner with this drill and race!"

Mark off a distance of 10 and 20 yards straight ahead, then stand at the starting line in a ready stance. Sprint all-out to the 10-yard mark, touch the ground, then backpedal to the start and touch the ground. Then sprint all out to the 20-yard mark and jog back.

Tip: Remember to use your arms to help generate speed.



According to Amber:

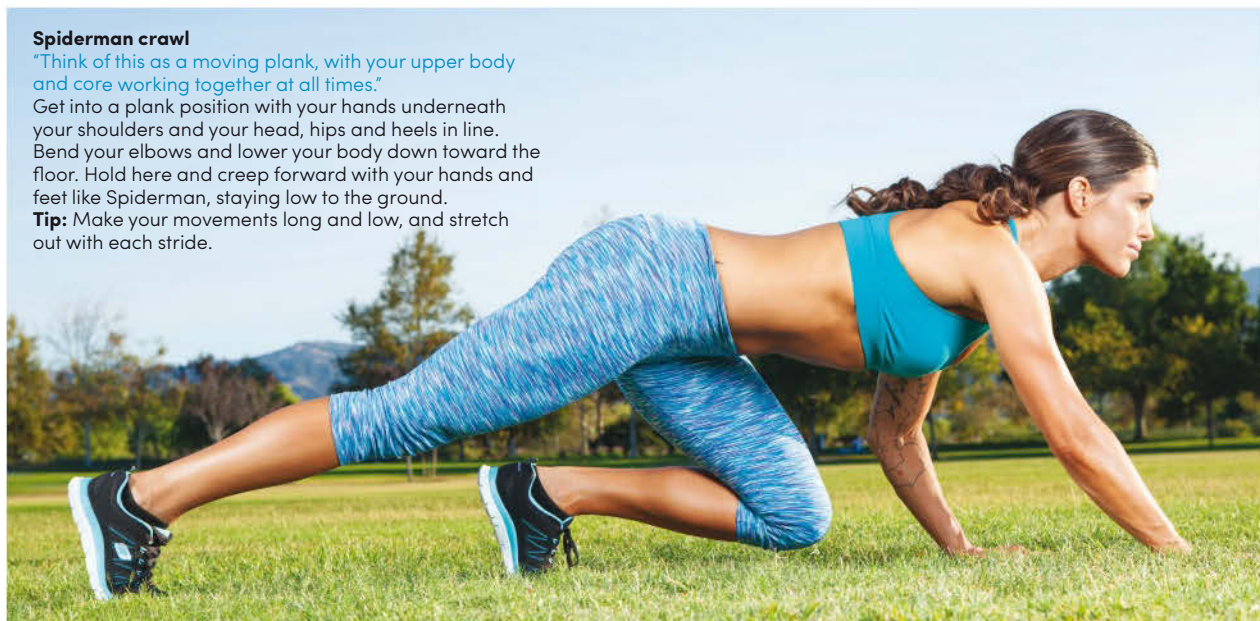
"Running backwards is natural for no one, but trust your body. You know that nothing is behind you, so look straight ahead while you run backwards. As long as your arms move straight back and forth, your legs will also stay straight. Once you look over your shoulder, everything gets thrown off and you can get tangled up."

Spiderman crawl

"Think of this as a moving plank, with your upper body and core working together at all times."

Get into a plank position with your hands underneath your shoulders and your head, hips and heels in line. Bend your elbows and lower your body down toward the floor. Hold here and creep forward with your hands and feet like Spiderman, staying low to the ground.

Tip: Make your movements long and low, and stretch out with each stride.



sample workout week

Monday: Outdoor agility / Tuesday: Full-body strength workout / Wednesday: Outdoor agility / Thursday: Full-body strength / Friday: Outdoor agility / Saturday: Off / Sunday: Off



by Jessie Shafer, RD

photography by Cory Sorensen

Let's talk turkey

**There's more
to turkey
leftovers than
sandwiches.
Here are five
fast and fresh
ways to enjoy
them in
15 minutes
flat.**

It may seem all you're left with after hosting a holiday meal is a big pile of dishes. But this year, rejoice in all the leftovers, which means a week's worth of easy meals ahead!

For many of you, chicken is your go-to protein. But don't overlook your other poultry options. A 4-ounce serving of roasted white and dark meat turkey (just shy of 1 cup chopped) contains 25 grams of protein for only 175 calories. And though it seems intimidating to roast a whole bird, it's surprisingly easy to do (see Page 66). Wondering how much to make? You can estimate 1 pound of turkey per guest, so for 12 guests you would need to roast a 12-pounder. If you want a lot of leftovers, buy a bigger turkey and shred or chop the leftover meat before chilling or freezing.

Boost your good cholesterol — As an active woman, niacin — which is abundant in turkey meat — is an especially important nutrient for you. You need niacin to properly use calcium in your body and to repair DNA. It's also essential to get enough niacin to give your good HDL cholesterol a boost and to lower triglycerides. But even more importantly, you need niacin to release and use the energy from everything else you eat, helping to break down and absorb carbohydrates, fats and proteins. A 4-ounce serving of roasted turkey contains 7 milligrams of niacin, half of your daily requirement.





Turkey strawberry salad with pistachio-goat cheese balls

\$3.81
per serving



Not only does this salad make you feel like you're dining at a fancy restaurant, but you get a serving of three different foods to maximize your nutrient intake — this one is particularly rich in potassium and vitamins A and K.

ingredients

- 16 fresh medium strawberries, stemmed and sliced
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- pinch salt & black pepper
- 8 cups baby spinach leaves (loosely packed)
- 2 cups shredded, cooked turkey
- 2 ounces goat cheese
- ¼ cup coarsely chopped pistachios

directions

→ In a mini food processor place four of the strawberries, olive oil, balsamic vinegar, honey, salt and pepper; process until smooth. Drizzle dressing over spinach and toss to coat. Divide coated spinach among four servings plates. Divide the remaining 12 sliced strawberries among the salads and top each salad with ½ cup of the shredded turkey. Divide the goat

cheese into four portions. Divide each portion in three and roll gently between your palms to form a ball. Roll goat cheese balls in the chopped pistachios. Top each salad with three of the goat cheese balls.

nutrition per serving:

307 calories, 17 g total fat (5 g saturated fat, 0 g trans fat), 215 mg sodium, 13 g carbohydrates (3 g fiber, 8 g sugars), 26 g protein

**makes 4 servings → serving size: 2½ cups
total time: 15 minutes**

\$3.62
per serving



Turkey brown rice bowl with peanut sauce



This fill-you-up rice bowl will stick with you and give you energy to get through the day. Arginine, an amino acid that is high in peanut butter, helps you pump blood more efficiently by expanding blood vessels.

ingredients

- 1 (12-ounce) microwaveable bag fresh stir-fry vegetable blend (broccoli, carrots, snow peas)
- 1 (8.5-ounce) microwaveable pouch brown rice or brown basmati rice
- 2 cups chopped, cooked turkey
- ½ cup creamy peanut butter
- ½ cup water
- 1 tablespoon rice vinegar
- 1½ teaspoons sesame oil
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon salt
- Sesame seeds, optional

directions → Microwave stir-fry vegetable blend according to package directions. Carefully open steam bag and spread vegetables on a cutting board. When cool enough to handle, chop vegetables into bite-size pieces. Meanwhile, microwave brown rice according to package directions. Place chopped vegetables, cooked brown rice and turkey in a large bowl. In a medium bowl, combine

peanut butter, water, rice vinegar, sesame oil and red pepper flakes; whisk until peanut butter softens and sauce is combined and pourable. Pour sauce over vegetable-rice mixture and toss to coat. Sprinkle salt over mixture and toss gently. Divide mixture into four bowls and, if desired, garnish with a sprinkle of sesame seeds. Serve immediately.

makes 4 servings → serving size: 1½ cups
total time: 15 minutes

nutrition per serving:

460 calories, 22 g total fat (5 g saturated fat, 0 g trans fat), 546 mg sodium, 37 g carbohydrates (6 g fiber, 7 g sugars), 31 g protein



Turkey salad with pita chips

Dried cranberries and pumpkin seeds give this turkey salad a flavor boost and a good dose of antioxidants. Pack the salad and pita chips separately and grab them on your way out the door for an easy and healthy lunch to go.

ingredients

- 3 cups chopped, cooked turkey
- 3 stalks celery, finely chopped
- 2 green onions, white and green parts finely chopped
- ½ cup dried cranberries
- ⅓ cup unsalted pepitas (raw pumpkin seeds)
- ½ cup reduced-fat mayonnaise with olive oil
- 1 tablespoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 4 ounces lightly salted pita chips

Nutrition per serving:

467 calories, 25 g total fat (4 g saturated fat, 0 g trans fat), 642 mg sodium, 28 g carbohydrates (3 g fiber, 7 g sugars), 37 g protein

directions → In a medium bowl, combine turkey, celery, onions, cranberries and pepitas. Stir in mayonnaise, mustard, salt and pepper; toss to combine and coat all the ingredients. Divide turkey salad among four plates. Serve with pita chips.

\$4.24
per serving



makes 4 servings → serving size: 1 cup salad & 1 ounce pita chips; total time: 15 minutes



Easy turkey spring rolls

ingredients

- 2 cups shredded, cooked turkey
- ½ cup shredded carrot
- ½ medium cucumber, cut into thin strips
- ¼ cup packed chopped fresh cilantro
- ¼ cup packed chopped fresh mint
- 3 tablespoons fresh lime juice
- 1 tablespoon fish sauce
- 1 teaspoon sriracha (hot chili sauce)
- 2 tablespoons hoisin sauce
- 10 square or circular sheets rice paper
- 1 tablespoon chopped peanuts

directions → In a medium bowl, combine turkey, carrot, cucumber, cilantro and mint. In a small bowl, combine 2 tablespoons of the lime juice, fish sauce and sriracha. Pour over turkey mixture and toss to coat. To assemble spring rolls, working one at a time, soften a sheet of rice paper individually by placing it in a rimmed baking sheet filled with hot water. Dip and turn rice paper in hot water until it becomes soft and pliable, about 30 seconds. Place rice paper sheet, smooth side down, on a cutting board. If using square rice paper, place

one point away from you. Mound a generous ¼ cup of the turkey mixture on the side of rice paper that is nearest to you. Fold rice paper from bottom over the filling and to the center of the rice paper. Fold in sides of rice paper and roll tightly to enclose filling like a burrito. Repeat with remaining ingredients. In a small bowl, whisk together hoisin and remaining 1 tablespoon lime juice; divide between two small dipping bowls. Sprinkle peanuts over dipping sauce. Divide spring rolls between 2 serving plates and serve with dipping sauce.

These high-protein, crunchy, herb-filled spring rolls will hit the spot when you're craving something lighter and fresh in the winter months.

Make them ahead or let everyone assemble their own at the table.

makes 2 servings → serving size: 5 spring rolls & 1 tablespoon dipping sauce; total time: 15 minutes

nutrition per serving:
408 calories, 8 g total fat (2 g saturated fat, 0 g trans fat), 1227 mg sodium, 36 g carbohydrates (2 g fiber, 8 g sugars), 46 g protein



How to roast a turkey in six simple steps

- 1 Preheat oven to 325 degrees. Remove giblet package and neck from turkey cavity.
- 2 Brush oil over turkey and sprinkle with salt and pepper on outside and inside.
- 3 Fold skin over opening and secure with toothpicks or poultry pins.
- 4 Tie legs together with kitchen twine. Fold wing tips back and under turkey; secure with toothpicks or poultry pins, if necessary.
- 5 Place turkey on a rack in a shallow pan, breast side up. Insert a meat thermometer into the thickest part of the thigh making sure the point of the thermometer does not touch any bones.
- 6 Roast $2\frac{3}{4}$ to 3 hours for an 8- to 12-pound turkey (3 to $3\frac{3}{4}$ hours for a 12- to 14-pounder, increasing time by 15 minutes for each additional pound). If skin is browning too quickly, cover loosely with foil. Roast until turkey reaches 165 degrees in the breast, inner thigh and outer thigh. Let turkey rest 10 minutes before carving.

FROZEN ASSETS ➔ It can take up to 5 days to fully thaw a frozen turkey. If you forget to thaw your turkey on time (or if you don't have the refrigerator space to host the big bird for days), don't fret. You can safely oven-roast a frozen turkey. Here's how:

- 1 Remove packing and place frozen turkey in a shallow pan on a rack, breast side up.
- 2 It takes 50 percent longer to roast a frozen turkey. To figure the approximate roasting time, take the recommended cooking time for thawed turkey and add 50 percent. For example, a turkey that will take 5 hours to roast if already thawed will take $7\frac{1}{2}$ hours to roast if frozen.
- 3 Halfway through cooking time, carefully remove the giblet package from the turkey cavity with tongs. Brush oil all over turkey and sprinkle with salt and pepper.
- 4 Cook turkey until it reaches 165 degrees in the breast, outer thigh and inside thigh. Note: If you plan to grill, smoke or deep-fry a turkey, it should always be fully thawed first.

What's better? White or dark

➔ The age-old question when carving a turkey: Would you like white meat or dark? You often choose white because you know it's lower in calories and fat. But dark meat has its benefits, too. The color difference comes from the type of muscle each cut contains. Dark meat, from the turkey legs and thighs, has higher levels of myoglobin, a compound needed to transport oxygen and help with muscle movement. White meat, on the other hand, comes from the less active parts of the bird, such as the breast and wings. Compared with white meat, dark turkey meat contains more iron, zinc, riboflavin, thiamine and vitamins B6 and B12. You'll save 45 calories and 2 grams of saturated fat per 3 ounces by choosing white meat, but both types contain similar amounts of protein. Both cuts contain fewer calories and fat than red meat, so you can't go wrong dishing turkey onto your plate. This season, try a bit of both white and dark turkey meat and enjoy the different tastes. Use both white and dark meat — or whatever's leftover — when making these recipes.

\$4.69
per serving



Turkey Tex-Mex quesadilla

ingredients

- 2 cups chopped, cooked turkey
- ½ cup frozen corn kernels
- ½ cup chopped red onion
- 1 (4-ounce) can diced green chilies
- ½ teaspoon ground cumin
- 8 (8-inch) whole-grain or whole-wheat flour tortillas
- 1 avocado, peeled, pitted, and thinly sliced
- 2 cups shredded reduced-fat cheddar cheese
- 1 cup salsa

directions → In a large bowl, combine turkey, frozen corn, red onion, green chilies and cumin; toss until well combined. Place one tortilla in a large nonstick skillet over medium-high heat. Layer ¼ of the avocado slices over tortilla. Spoon ¼ of the turkey mixture over avocado slices. Sprinkle ½ cup cheese over turkey mixture and top with another tortilla. Heat, pressing down gently on quesadilla with the back of a spatula to flatten. Cook until

cheese is melted and tortilla is lightly browned, about 2 minutes, then carefully turn quesadilla over and cook on other side for 2 minutes until second side is lightly browned. Remove quesadilla from skillet and cut into four wedges. Repeat with remaining ingredients to make three more quesadillas. Serve wedges while warm with salsa. 🍴

From the avocado and corn to the whole grain tortillas, this dinner is packed with fiber-rich ingredients that will keep you feeling full for hours — one serving boasts 14 grams of fiber!

makes 4 servings → serving size: 1 quesadilla & ¼ cup salsa; total time: 15 minutes

nutrition per serving:
585 calories, 21 g total fat (8 g saturated fat, 0 g trans fat), 989 mg sodium, 59 g carbohydrates (14 g fiber, 8 g sugars), 41 g protein



GOT

30

MINUTES?

by Lara McGlashan, CPT, Fitness Editor photography by Peter Lueders



Jiggle-proof your holiday
with this time-efficient total-
body superset program.

EGGNOG. PECAN PIE. CHAMPAGNE.

Everywhere you turn this time of year there are temptations reaching out. This may not be a time to get lean, but you can avoid potential frustration and focus instead on maintaining the fit physique you've achieved in 2014 by using this holiday superset workout.

This program trains opposing muscle groups in supersets — two moves done back-to-back with no rest in between — and blends them with cardio bursts to elevate your heart rate and give your metabolism a bump. All you need is a set of dumbbells and 10, 20 or 30 minutes, depending on your social or errand-laden schedule that day. Tailor the cardio bursts to suit your mood: Use the more moderate “humbbug busters” to energize you when you’re feeling gassed, and implement the higher-intensity “jingle jumps” when you’re flying high with holiday spirit. Do this program at home or in the gym up to five days a week to keep holiday weight gain at bay and knock stress — and fat-storing cortisol — outta the park.

THE PLAN

After a five- to 10-minute dynamic warm-up, perform each strength move in the pair for one minute with no rest in between. Then do a one-minute cardio burst of your choice, depending on your mood and energy level. Rest 30 seconds before moving on to the next set of exercises. One time through the routine clocks in at 10 minutes, so fit this in whenever you have some spare time, repeating the routine up to three times for a 30-minute workout. Finish up with a five- to 10-minute cool-down and stretch and you're ready to rock around the Christmas tree, guilt-free!

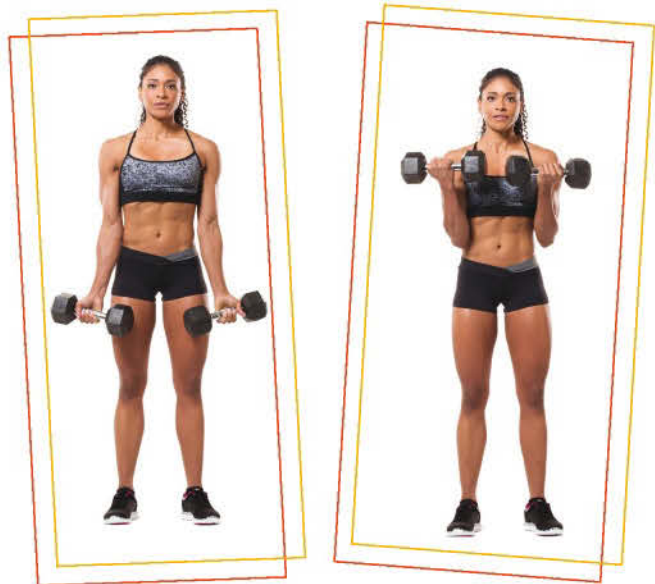
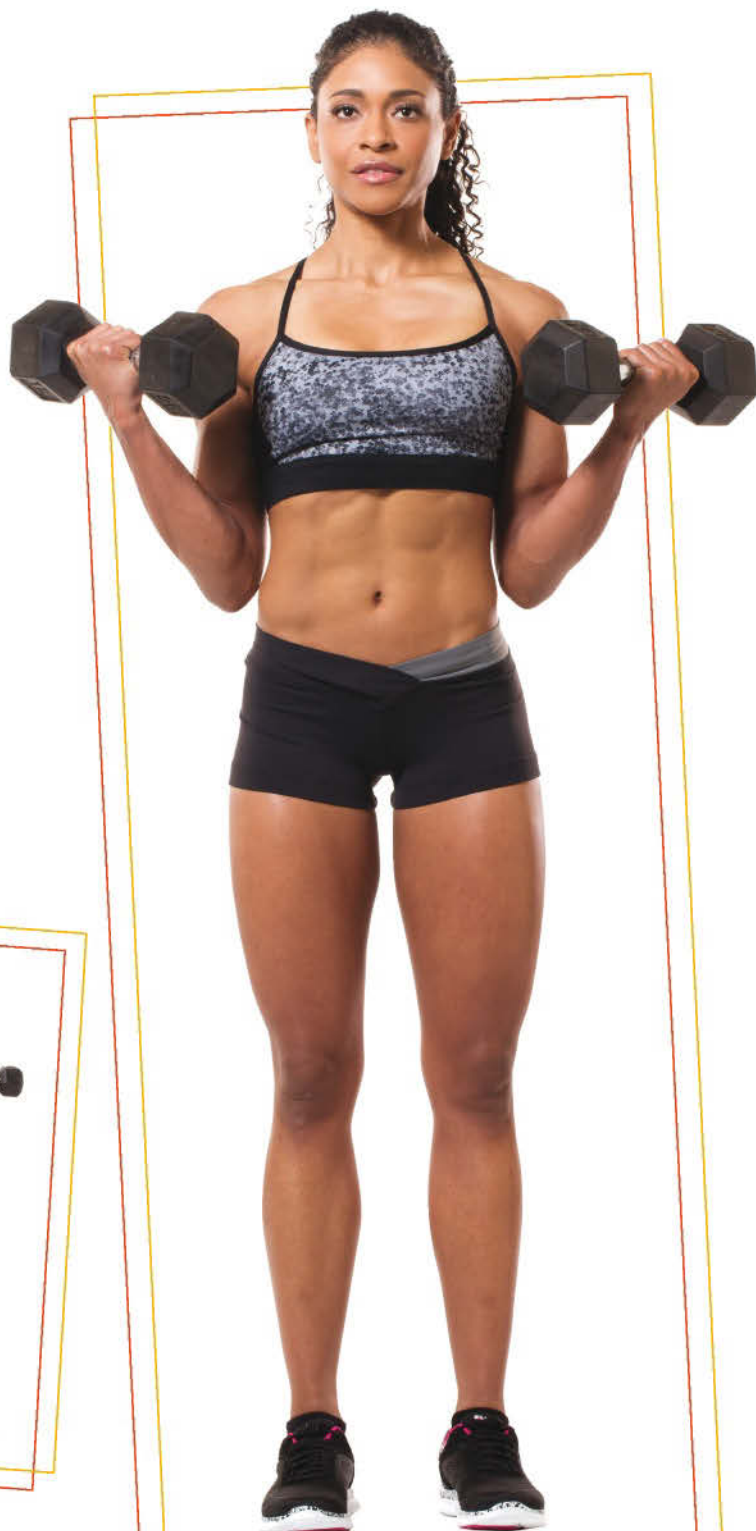
1

► in-and-out biceps curl

Setup: Stand with your feet hip-width apart, knees slightly bent, and hold a set of dumbbells at your sides, palms facing forward.

Move: Bend your elbows and curl the weights up toward your shoulders, keeping them in front of you. Lower to the start, then open your palms to the sides and do another curl. Lower to the start to complete one rep.

Tip: To make this harder and engage the core, do it standing on one leg.





Tip: To make this harder, hold a dumbbell in each hand, with your non-working weight at your shoulder or extended fully for an isometric contraction.



► **shoulder/tri combo**

Setup: Stand with your feet hip-width apart, knees slightly bent, and hold a dumbbell at your shoulder with your elbow down, palm facing forward.

Move: Press the weight straight up overhead until your arm reaches full extension. Then hold your upper arm steady as you bend at the elbow and drop the weight behind your head. Straighten your arm back to the top, then lower the weight back to your shoulder to complete one rep.

► **jingle jump option 1: skater**

Leap to one side and land on your outside foot, swinging your opposite leg behind you as if skating. Repeat, alternating sides.

Exercise

Time

1

In-and-out biceps curl
Shoulder/tri combo

60 seconds

Skater

60 seconds

Rest

60 seconds

30 seconds

2

Goblet squat and press
Single-legged deadlift
Burpee

60 seconds

60 seconds

60 seconds

Rest

30 seconds

3

See-saw dumbbell row
Push-up, plank and touch
Squat leap

60 seconds

60 seconds

60 seconds

2

► goblet squat and press

Setup: Hold a dumbbell in both hands in front of your chest and stand with your feet hip-width apart.

Move: Kick your hips back, then bend your knees to squat down, lowering until your thighs are parallel to the floor. Drive through your heels and extend your legs to return to the start. As you rise to the top, press the dumbbell overhead. Lower it to complete one rep.



Tip: Don't rush this move, especially as you return to standing, or you might lose your balance.

Tip: Remember to keep your back flat throughout; never let it round, as this will take the emphasis off the hamstrings and put the stress in your lower back.



Supersets not only burn more calories than straight-set training, they also allow you to lift longer, which recruits even more muscle fibers.



► **single-legged deadlift**

Setup: Hold a dumbbell in your right hand at your side and shift your weight onto your left foot.

Move: Hinge from the hip and slowly fold forward, maintaining a flat back and tight core, lifting and extending your right leg to counterbalance you as you descend. When your body and leg come parallel to the floor and you feel a good stretch in your hamstring, slowly reverse the motion to return to the start.

► **jingle jump option 2: burpee**

Crouch down, place your hands on the floor, and hop your feet behind you into a plank. Hop your feet underneath you, stand up and leap into the air to complete one rep.

HUMBUG BUSTERS

Spent all your energy shopping till you dropped? Use these more moderate cardio bursts to reignite your metabolism and rekindle your energy stores:

Run in place: As quickly as you can, landing on your toes

Jumping jacks: Jump your feet apart and bring your arms overhead simultaneously. Jump your feet together and bring your arms down to complete one rep.

Ski hops: Jump laterally side to side, landing on the balls of your feet.



3

► see-saw dumbbell row

Setup: Stand with your feet hip-width apart and hold a set of dumbbells at your sides. Maintaining a flat back, hinge forward at the hips until your torso is about 45 degrees to the floor. Your arms should hang perpendicularly with your palms facing inward.

Move: Drive one elbow up and back, squeezing briefly at the top, then as you lower simultaneously, lift the other weight similarly. Continue, using an even pace and alternating sides.

Tip: Keep your abs tight and your back straight, and resist the urge to tilt side to side in time with your hands.



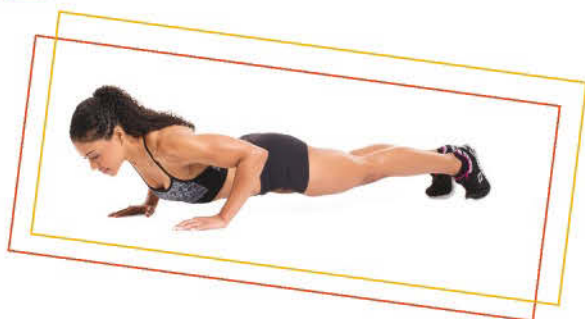
► **push-up, plank, touch**

Setup: Get into a push-up position with your hands underneath your shoulders and your head, hips and heels in line.

Move: Bend your elbows and lower your body toward the floor for a push-up, then extend your arms and hold at the top for one breath. Then alternately touch your hands to your opposite shoulders, using an even pace, for three reps apiece to complete one rep.

Bonus: To make this harder, lift one leg off the floor as you do your push-up.

► **jingle jump option 3: squat leap** Squat down, then extend your legs explosively, reaching your arms overhead and leaping into the air. Land softly and repeat right away.



Tip: Each time you lift your hand to touch your shoulder, tighten your abs to prevent your hips from tipping side to side.

RESEARCH ROUNDUP

Burn more calories, lift longer!

According to a recent study done at Syracuse University, the calorie expenditure for supersets is higher than with straight-set training because of the shortened rest time between moves. This fast-paced training style also caused participants to burn more calories postworkout, likely due to the metabolic disruption caused by the higher accumulation of lactate during the workout, and the body's efforts to clear that lactate afterward.

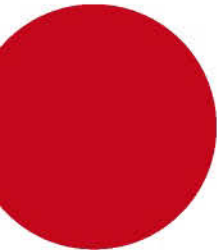
Another study suggests that pre-fatiguing the agonist muscle and then working the antagonist (or vice versa) enabled participants to get two to three more reps per set than when working only one muscle group solo. Muscles tend to co-contract in order to stabilize joints, such as the quads and hamstrings, protecting the knees when playing sports. This can diminish the force produced in one of the muscles in the pair, as the other is "fighting" to contract as a stabilizer. Pre-fatiguing one muscle allows the other to have more neural drive by diminishing the fight of that other muscle, which means more reps per set as a result.

Lesson learned: Supersets not only burn more calories than straight-set training, they also allow you to lift longer, which recruits even more muscle fibers and gets you results faster.



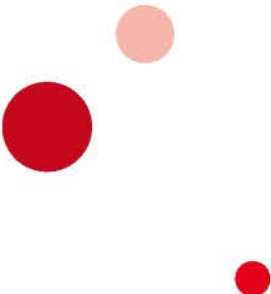
Iron deficiency is more common than you might think. Find out why active women are particularly vulnerable and how to prevent and correct the issue.

the power of iron



By Karen Asp

When Tamara Louis first noticed changes in her workout performance, she didn't find it cause for concern. "I just thought I was overtraining," says the British Columbia, Canada, native, who'd been an avid high-intensity interval training gym and runner enthusiast for years. She also commuted to work by bike. So she dialed down her workouts, even took days off. Yet nothing worked, and her frustration mounted. After suffering for almost seven months, Louis, 43, finally sought help from her doctor. The diagnosis? Iron deficiency.





26

Fe

Iron
55.845

Blood-red
beets are low
in fat and full
of vitamins
and minerals
(including iron).

Louis isn't alone. Nine percent of women aged 20 to 49 suffer from iron deficiency, essentially low iron stores, according to the Centers for Disease Control and Prevention. But you are particularly vulnerable if you are an active woman, especially if you do endurance activities.

"Endurance athletes, particularly runners, have greater loss of iron in their sweat and through foot strike hemolysis, which is the destruction of red blood cells from repetitive foot strikes on pavement," says Kelly Pritchett, Ph.D., RD, CSSD, assistant professor of nutrition and exercise at Central Washington University in Ellensburg, Washington. In fact, a study published in the *Journal of Internal Medicine* found that among 113 male and female joggers and competitive runners, 56 percent had iron deficiency, women mainly because of iron loss from menstruation and men because of long-distance training.

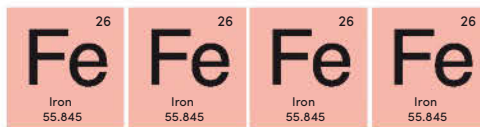
Women pursuing aesthetic (like gymnastics and diving) or intense ball sports are also at risk, Pritchett says. And if any of these women is following a vegan or vegetarian diet, is prone to heavy menstrual bleeding or is pregnant, iron losses may be even more pronounced.

The upshot? Exercise performance, even mood, will undoubtedly plummet. "If you're iron deficient, you might have trouble completing a workout or may not be able to compete or exercise at a high intensity," says Pritchett, who was diagnosed with iron deficiency as a collegiate swimmer. As a result, her swimming times were slower, and she often felt fatigued during practices.

Five tips to maximize your iron intake

Getting the iron you need isn't just about eating iron-rich foods. A few tricks can help you get the most iron from your diet. Here are five to put on your radar:

- 1 Know that heme iron (think red meat, fish and poultry) is absorbed by your body two to three times more efficiently than non-heme iron sources. Yet if you're vegetarian or vegan, you don't have to give up your lifestyle. "But you will have to plan your meals more carefully," Kelly Pritchett says.**
- 2 Consume iron-rich foods (and iron supplements) with vitamin C-rich foods to increase absorption, Pritchett says. For instance, eat an orange with cereal or add bell peppers to chicken stir-fry.**
- 3 Cook foods in cast-iron pots to increase absorption.**
- 4 If you drink coffee or tea, avoid sipping these drinks at meals, consuming them instead between meals. "Coffee and tea don't allow the body to absorb iron as well," Pritchett says.**
- 5 Calcium-rich foods also compete for iron absorption, so it's best not to eat foods with iron in the same meal as yogurt, milk and other dairy products.**



Your iron fix

If you're feeling unusually fatigued or your physical performance has deteriorated, call your doctor, who can run a simple blood test to measure your iron levels. Just don't start popping iron supplements until you know for sure that your iron levels are low. Too much iron — 40 milligrams per day is the tolerable upper limit — can cause gastrointestinal distress, diarrhea or constipation, and it also can lead to liver toxicity, which usually shows up after menopause, says James McClung, Ph.D., nutrition biochemist at the U.S. Army Research Institute of Environmental Medicine in Massachusetts.

If tests reveal that your iron levels are low, you have several options, including eating more iron-rich foods, taking a multivitamin that contains iron or using iron supplements. Yet because iron deficiency is difficult to correct with diet alone, iron supplements are preferred, says Sant-Rayn Pasricha, MPH, Ph.D., postdoctoral fellow at the University of Oxford in the United Kingdom. Your doctor will help determine how much you should take because every woman is different.

Just allow time for your body to correct the issue. In a study McClung ran on 219 military women whose iron levels were depleted after eight weeks of combat training, benefits of iron supplementation were evident within eight weeks. Yet it could take months — perhaps up to three, Pasricha says — for the problem to be resolved. The good news, though, is that restoring iron levels can boost physical performance, improving VO2 max and submaximal exercise, meaning that exercise will be more efficient, according to Pasricha's review of several studies in the *Journal of Nutrition*.

So will you have to alter your fitness program while you're boosting iron levels? Possibly. "Women who are iron deficient can continue training within reason but may need to make a few modifications," McClung says. (Check out "Dial It Down" at right.)

First, listen to your body — "You will have days where you lack motivation to exercise or just feel sluggish," Pritchett says — and know when to pull back. Also, avoid introducing new activities or doing high-intensity training until your iron levels have been restored because both can tax iron stores more, McClung says.

These have been hard lessons for Louis to swallow. She did have to put a halt to running for several months, although after almost six months of taking iron supplements and boosting intake of iron-rich foods in her diet, she's finally running again. Intense workouts are still tough for her, requiring her to stop for rest periodically, but she's finally beginning to feel better — and younger — again. "Maybe 40 really can be the new 30," she says.

15 great sources of iron

You can get iron from animal (as heme iron) and plant (as non-heme iron) sources. Take a look at this list to see where you can find iron:

Food/milligrams per serving

Breakfast cereals, fortified with 100 percent of daily value for iron (1 serving): 18 mg

Oysters, cooked (3 oz): 10.2 mg

Dark chocolate, 45 to 69 percent cacao solids (3 oz): 8 mg

Pumpkin and squash seed kernels, roasted (1 oz): 4.2 mg

White beans, canned (½ cup): 3.9 mg

Lentils, cooked (½ cup): 3.3 mg

Spinach, cooked from fresh (½ cup): 3.2 mg

Firm tofu, (½ cup): 3 mg

Chickpeas, cooked (½ cup): 2.4 mg

Duck, meat only, roasted (3 oz): 2.3 mg

Ground beef, 15 percent fat, cooked (3 oz): 2.2 mg

Tomato paste (¼ cup): 2 mg

Chicken, meat and skin, roasted (3 oz): 1 mg

Green peas, boiled (½ cup): 1 mg

Bluefin tuna, fresh, cooked with dry heat (3 oz): 1 mg

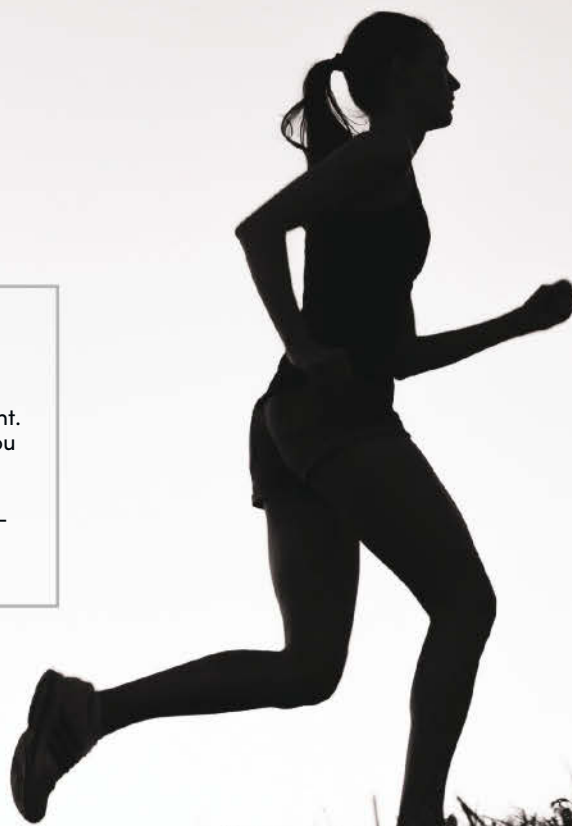
5

Percentage of women 20 to 49 who have a more advanced condition called iron-deficiency anemia, according to a study from the *Journal of the American Medical Association*.

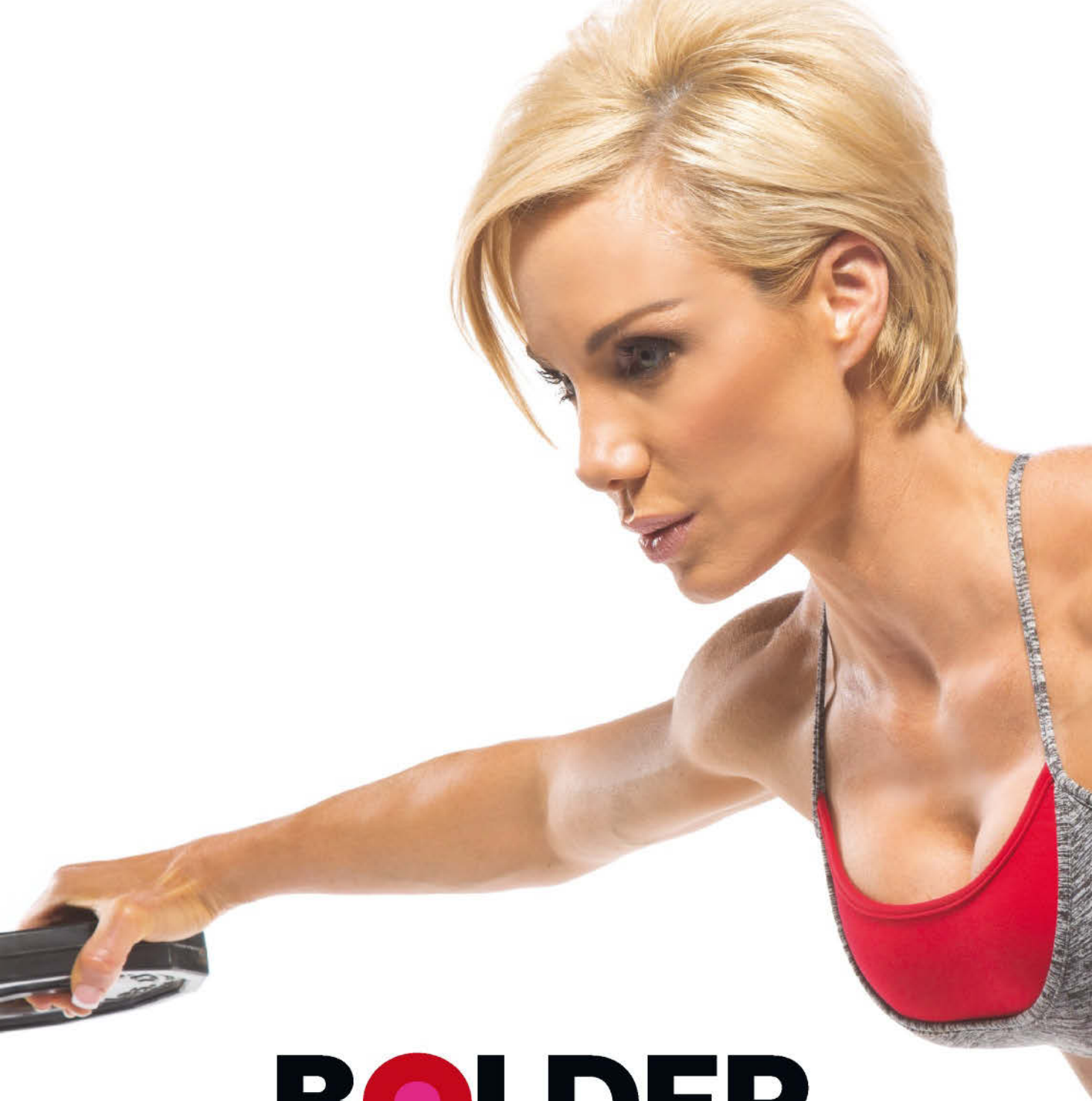
Dial it down

Get creative if you want to continue to go to the gym:

- Listen to your body and reduce sets and reps in your strength training, perhaps even choosing a lighter weight.
- Do your cardio at a less-intense level and know that you might have to shorten your workouts.
- No matter the activity, don't try to push past fatigue if your body is really dragging; accept that this is a temporary state and pull back until you're feeling better.



Among 113 male and female joggers and competitive runners, 56 percent had iron deficiency.



BOLDER SHOULDERS

.....● sculpt shapely shoulders in just five steps.

BY LARA MCGLASHAN, CPT, FITNESS EDITOR ■
■ PHOTOGRAPHY BY PETER LUEDERS



The *Oxygen* team is always thrilled to hear stories about how *Oxygen* made a difference. Our model, Tiffany Lee Gaston, a mother of three, shares how she drew strength from *Oxygen* as a young girl battling an eating disorder.



To look at her today, you'd never know that Tiffany Lee Gaston was once a sickly 85 pounds, but like many teenage girls, she suffered from an eating disorder. "I was a gymnast growing up and naturally carried more muscle than my friends," she says. "At sleepovers we would weigh ourselves, and

I always weighed more. That number on the scale freaked me out, and I developed anorexia."

Fortunately, her mother recognized the signs of the disease and intervened before things got out of control. Gaston reversed her thinking, decided to learn everything there was to know about eating and picked up a copy of *Oxygen*.

"I immediately fell in love with the idea that my muscular body was beautiful," she says. "Those women were built like me, and it was OK, and they were incredible." Gaston learned how to fuel her body properly and began to exercise for health and wellness rather than extreme weight loss.

taking it to the next level ■ Inspired by the Fitness America pageants on television at the time, Gaston dabbled in competitions for several years, but it wasn't until 2013 she decided to get serious and give it her undivided focus. She joined Team Bombshell, and coach and IFBB pro Gennifer Strobo helped her move toward her goal: a pro card. Gaston buckled down and did five shows that year, placing top five in all of them; she was on the fast track for her card — every competitor's dream — but something was missing in the big picture: her family.

"I have three kids and a husband, and I decided that it was more important for me to be present as a parent and a wife and less important for me to travel and eat out of a plastic bag," she says. "I didn't compete in 2014 so I could be there for them. I will never say I won't go back [to competition], because the whole reason I did it was because I enjoyed the sport. But in my mind, I already earned my pro card. I don't need someone to tell me I earned it."

shoulder routine

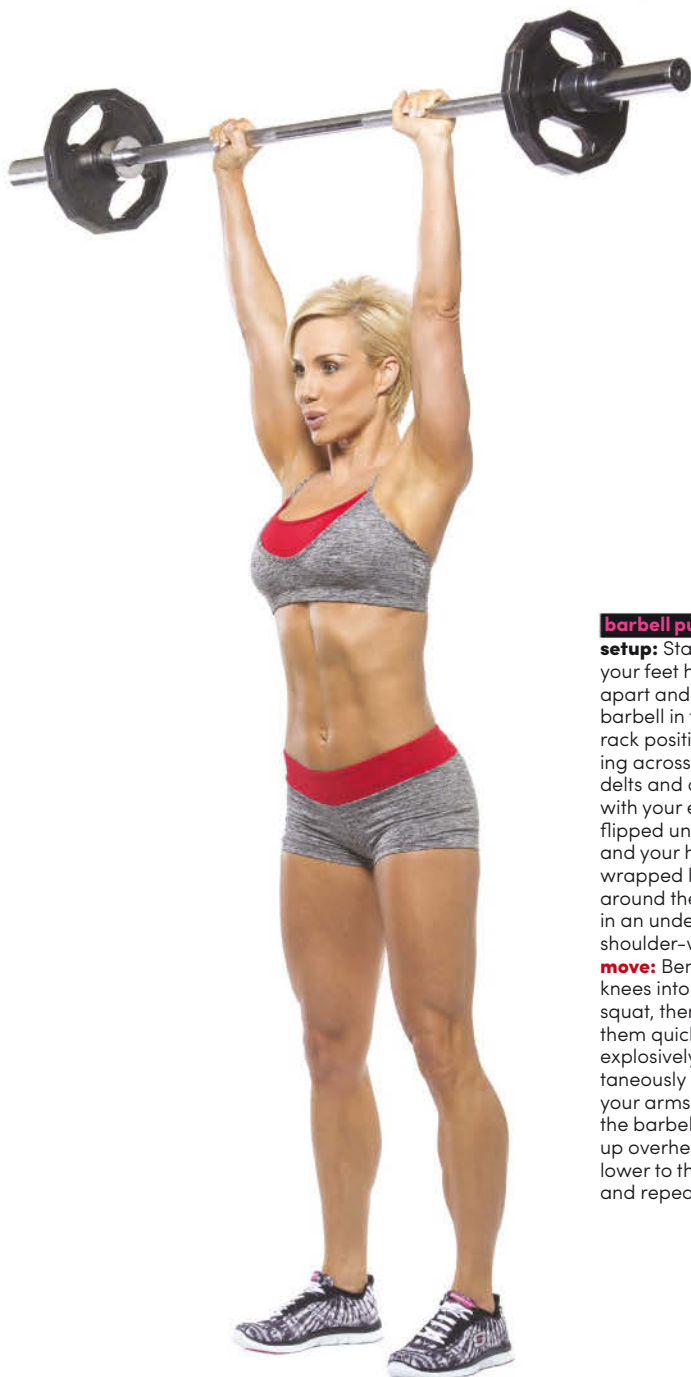
EXERCISE	SETS	REPS
● barbell push press	5	15, 12, 10, 8, 8
● front plate raise	5	15, 12, 10, 8, 8
● barbell upright row	5	15, 12, 10, 8, 8
● one-arm lateral raise	5	15, 12, 10, 8, 8
● rear delt plate raise	5	15, 12, 10, 8, 8

juggling act ■ But just because she is cooling her plastic heels for the moment does not mean Gaston is slacking on her physique: She still maintains a solid workout schedule and trains when her kids are in school "to alleviate the mommy guilt," she says with a laugh.

She follows the workout protocol she learned while with Team Bombshell: an old-school approach that focuses on bodypart training, symmetry and balance. Her workouts previously had been more Crossfit style — fast and furious and intense — but Gaston liked her results so much that she stuck with Strobo's style and still does it today, and she embellishes it with high-intensity interval training (HIIT) cardio five days a week. "HIIT allows me to keep my cardio to 15 to 20 minutes four to five times a week, but my strength workouts are probably an hour long," she says. "I start lifting, and I don't want to stop sometimes! It's a good stress release."



Make sure the barbell is straight overhead and not too far forward or backward, which may put your shoulders at risk. Start with a lighter weight and work up from there.



barbell push press

setup: Stand with your feet hip-width apart and hold a barbell in the front rack position — resting across your front delts and clavicle with your elbows flipped underneath and your hands wrapped loosely around the barbell in an underhand shoulder-width grip.

move: Bend your knees into a half-squat, then extend them quickly and explosively, simultaneously extending your arms to press the barbell straight up overhead. Slowly lower to the start and repeat.

front plate raise

setup: Stand with your feet hip-width apart and hold a plate with both hands in front of you, arms extended down.

move: Slowly raise the plate up in a smooth arc, lifting until your hands come level with your shoulders or slightly above. Pause a moment, then lower slowly to the start.



Try switching the place where you grip the plate to change the move — with both hands on top, with both hands on the side or both hands underneath.





Your elbows should be higher than your wrists throughout the move.



barbell upright row

setup: Stand with your feet hip-width apart and hold a barbell with your hands close together in an overhand grip. Draw your shoulders back and tighten your abs.

move: Slowly lift the barbell up along your front, keeping it close to your body while driving your elbows upward. When it comes underneath your chin, pause a moment, then lower to the start under control.



one-arm lateral raise

setup: Stand with your feet hip-width apart and hold a dumbbell in one hand, arm extended along your side. Place your other hand on your hip and draw your shoulders back.

move: Slowly raise the weight up and to the side, keeping a slight bend in your elbow. Lift the weight up until your arm comes to shoulder height, pause, then lower slowly to the start. Do all reps on one side before switching.



Hold on to something stable such as a bench or railing as you do the move to prevent swinging or momentum.



are you a Paleo fan?

Then check out Tiffany Lee Gaston's website: She is offering a sneak peek of her book to come, *Painlessly Paleo*, and is offering readers a number of recipes that are simple to make and that taste fantastic — for free!

tiffanyleegaston.com

Keep your hands in your peripheral vision at all times to make sure you're targeting your rear delts and not your back and traps.



rear delt plate raise

setup: Stand with your feet hip-width apart and hold a set of plates at your sides. With a straight back, fold forward from the waist until your torso is about 45 degrees to the floor and your arms are hanging straight down, perpendicular to the ground. Bend your elbows slightly and tighten your abs.

move: Raise the plates up and out to the sides, keeping your hands in your peripheral vision at all times. When they come level with your shoulders, pause and squeeze your shoulder blades together before lowering slowly to the start. ●



protein as a superfood

Bioactive peptides in hydrolyzed whey protein
can make you healthier, fitter and even leaner.

By Mike Carlson, NASM-CPT, CFLI



New types of protein powders hit the supplement shelves so often we don't even blink when we hear about a new protein source no matter how outlandish it sounds. (Are you ready for cricket protein? Seriously, it's coming.) What often gets drowned out amidst all the marketing hype for the new goji-cocoa-mushroom product is the fact that scientists are continuing to discover new and surprising benefits to whey protein, specifically, hydrolyzed whey protein.

Hydrolyzed whey is finely processed protein that has been chopped up into smaller and smaller chains called dipeptides and tripeptides. Some experts refer to hydrolyzed whey as being "predigested." When it hits your gut, it passes through quickly since it has already been broken down into a more easily assimilated form.

Hydrolyzed whey is astonishingly pure. The average whey concentrate powder is 80 percent protein, the rest of which is fat, carbs, ash, lactose and flavoring agents. Hydrolyzed whey is over 90 percent protein with almost zero fat, few carbs and so little lactose that people with an intolerance to milk products can usually ingest it with no ill effects. (If you have a serious milk allergy, however, consult your doctor first.)

Whey to go

Whey protein — any whey protein — provides a multitude of benefits. It's known to be more anabolic than other forms of protein, it has a satiating effect so it keeps you full longer and it stimulates production of glutathione, a natural antioxidant and your immune system's MVP when it comes to fighting disease. One recent study even found that whey protein improves endurance. Not bad for a muscle-building supplement.

Hydrolyzed whey exerts these same benevolent effects, and researchers are finding that the di- and tripeptides in hydrolyzed whey are biologically active and when they cross the gut they stimulate receptor sites in many different cells. Studies have shown that these peptides can decrease cholesterol levels and even lower blood pressure in hypertensive patients. A study in the *Journal of Dairy Science* found that these peptides boost the immune system through antiviral

and antimicrobial properties in the gut. Another study even found that hydrolyzed whey protein protected cells against certain forms of cancer.

One aspect of hydrolyzed whey that active women may find intriguing is the way they appear to enhance recovery after a tough workout. Several studies show that subjects who ingest hydrolyzed whey protein return to optimal strength levels more quickly after a workout than those who took other forms of protein. It was initially surmised that the speed in which hydrolyzed whey is absorbed, because it is "predigested," was the source of the expedited recovery, but recent findings show that while it is assimilated more rapidly than whey concentrate, the difference is marginal. Researchers now believe that the peptides are responsible, possibly because they enhance post-exercise muscle glycogen resynthesis.

Shed more fat

For *Oxygen* readers, one of the most exciting things about whey peptides, though, is their effect on fat loss. In a study published earlier this year in *The FASEB Journal*, researchers noted that body-fat levels in trained subjects who took hydrolyzed whey protein went down compared to those who took whey concentrate.

"By chopping up globular whey protein, we are creating these bioactive peptides that initiate a state of lipolysis response," says Michael Roberts, Ph.D., an assistant professor at Auburn University in Auburn, Alabama, and one of the lead researchers in the study. "We don't think it is necessarily better in regards to anabolism, because that is not what we saw in our study, but we definitely saw a lipolysis response and an improvement in body composition."

Roberts feels that hydrolyzed whey protein offers potential benefits for athletes looking to shed fat. It's a relatively young field of study, with only one human study and two animal studies completed so far, but it's an area that he thinks will be emphasized more and more when it comes to marketing hydrolyzed whey.

"I would say that over 20 weeks with exercise you might see an extra pound or two of fat loss," Roberts says. "That is speculation, but I think in terms of shifting body comp, it seems to be a pretty good strategy to abide by." ●

Cost benefit whey-analysis

The downside of hydrolyzed whey protein is the cost. A jug of the stuff will cost you about 30 percent more than the same amount of whey protein concentrate. If your monthly supplement bill already includes a multivitamin, fish oil, a preworkout formula and a joint support or creatine product, then the cost of hydrolyzed whey might make it a prohibitive purchase for you.

If protein powder is just an easy way to get an extra dose of aminos into your busy day, then there is nothing wrong with a quality whey protein concentrate. Some people may want to spend the extra cash, though. Since hydrolyzed whey is lactose-free, it is a smart choice for anyone with a milk allergy. Finally, hydrolyzed whey protein may also be a good choice for anyone who demands optimal results in their body composition, no matter how fine a hair is split.

"It is a good choice for anyone who is in that cutting phase close to competition," says protein researcher Michael Roberts, Ph.D. "Beyond the lipolysis, there may be a satiety effect in that it might help curb hunger. That is a nice double-edged sword to have when dieting."

Whey protein provides a multitude of benefits. For *Oxygen* readers, one of the most exciting things about whey peptides, though, is their affect on fat loss.

stretching

the truth





➡ If old exercise habits die hard, then preworkout static stretching is clinging to life support. While static stretching can help improve flexibility and increase range of motion when done postworkout, lengthening a muscle this way before intense exercise does not adequately prepare you for the work ahead.

"Static stretching tends to 'turn off' your muscles," says Julia Ladewski, a strength-and-conditioning coach and program director at Parisi Speed School in Schererville, Indiana.

"When you work out, you want to be awake, alert and ready to go," adds Chris Frederick, physical therapist and co-director of the Stretch to Win Institute in Tempe, Arizona, and co-author of the book *Stretch to Win*. "If I'm going to sit there and count 30 seconds to stretch each muscle group, I'm telling my nervous system that we're going to relax."

Obviously, sleepy muscles mean poor performance and perhaps even injury. Numerous studies, including a 2011 experiment out of Oregon State University, which was published in the *Journal of Strength and Conditioning Research*, have shown that static stretching done at the wrong time can actually contribute to injuries such as muscle pulls and strains (see sidebar, Page 93) but that in contrast, preworkout dynamic stretching can improve power output.

"Dynamic stretching gets the muscles and motor units firing and provides pliability," Ladewski says. In other words, because these stretches are done using continuous motion, they serve to heat up the joints, ligaments and tendons, helping prevent injury.

Dynamic stretching also has real-life benefits, not the least of which is helping alleviate pain in the lower back, shoulders and neck. "A lot of people sit at a desk all day or have jobs that restrict them from moving," Ladewski says. Dynamic stretches such as these can help relieve some of that pain as well as teach the movement patterns that could prevent it in the future. »

prime your body for a great workout
and improve functional flexibility with
these **dynamic stretching routines.**

BY C. J. LOGAN

PHOTOGRAPHY BY ROBERT REIFF

Try these stretching routines before strength training and sports activities, or even do them as a midday pick-me-up at work. And as for those preworkout static stretches, pull the plug already!

DYNAMIC DESIGNS

This plan includes three routines, courtesy of Ladewski, one each for an upper-, a lower- and a total-body workout. Do five minutes of light cardio (such as jumping rope or jogging slowly), then choose the routine that will best complement the work-out you're doing that day.

Do your reps using continuous — “dynamic” — movement while still moving through a complete range of motion. Though these are stretches, they should be done at a fairly good clip — quickly enough to warm you up but slowly enough so you don't risk injury. Once you've completed the routine, go right into your regularly scheduled workout.

UPPER-BODY ROUTINE

» This routine activates all the muscles of the upper body and core, stretching the normally tight pecs, front delts and lats, and strengthening the commonly weak upper back and neck. Do each pair of moves twice through before starting your workout.

exercise	reps
● PAIRING 1:	
band pull-apart	10-15
crossjack	15
● PAIRING 2:	
thoracic rotation	8 per side
jumping jack	15
● PAIRING 3:	
straight-arm band pulldown	10-15
cross jack	15

LOWER-BODY ROUTINE

» This routine readies your lower half to exercise, stretching the usually tight hip flexors and strengthening the usually weak hamstrings and glutes.

exercise	reps*
world's greatest stretch	8-10
walking hamstring	8-10
reverse lunge & reach	8-10
lateral lunge	8-10
inchworm with hip dip	8-10

*per leg (not applicable to inchworm)

TOTAL-BODY ROUTINE

» This routine should be done before sporting activities that use your body synergistically or before a total-body workout or group fitness class.

exercise	reps
jumping jacks	15
world's greatest stretch	8-10*
cross jack	15
walking hamstring	8-10*
jumping jacks	15
reverse lunge & reach	8-10*
cross jack	15
lateral lunge	8-10*
cross jack	15
inchworm with hip dip	8-10

*per leg

BAND PULL-APART

targets: rear delts, rhomboids, trapezius

setup: Hold a resistance band in front of your chest with your arms extended parallel to the floor and your hands outside shoulder width.

move: Keeping your arms straight, contract the rear delts and upper back to pull your hands apart until your arms are directly out to your sides. Slowly let the band pull your hands back to the start position. Repeat in a continuous yet controlled motion.



↓
Keep your chest lifted and your head neutral.



JUMPING JACK

targets: total body

setup: Stand with your feet together, arms at your sides.

move: Jump your feet apart, toes parallel, and quickly raise your hands over your head. Jump your feet back together and bring your arms down to complete one rep.



↓
Stay on the balls of your feet to maintain a bouncy, athletic movement at a quick pace.

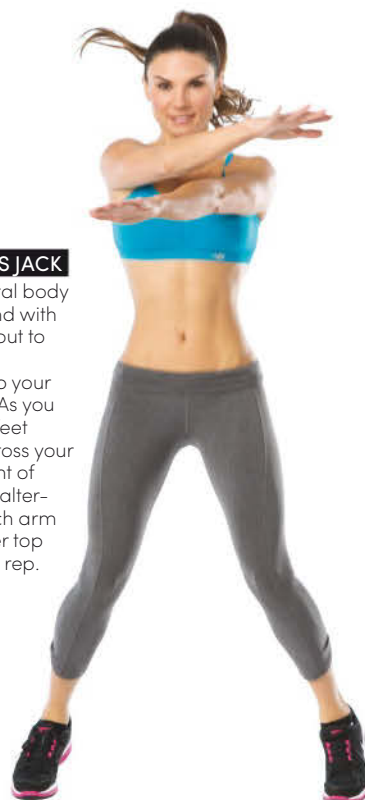


CROSS JACK

targets: total body

setup: Stand with your arms out to your sides.

move: Jump your feet apart. As you jump your feet together, cross your arms in front of your chest, alternating which arm crosses over top every other rep.



THORACIC ROTATION

targets: rhomboids, erector spinae, obliques, pectorals
setup: Get on all fours and place one hand on the side of your head, elbow bent.

move: Twist your torso and shoulders to touch your elbow to the opposite forearm. Then twist in the opposite direction, opening your body to the side and reaching your elbow upward. Repeat for reps, then switch sides.



Each time you twist, try to go a little farther and stretch a little more.

Remember to stand up between reps to warm up and stretch your lower back.



WALKING HAMSTRING

targets: hamstrings, calves, lower back
setup: Stand with your feet together, arms at your sides.

move: Take a small step forward and dig your heel into the ground, toes flexed. Fold forward with a flat back and reach your hand toward your toe. Stand back up. Continue, alternating sides.

STRAIGHT-ARM BAND PULLDOWN

targets: lats, serratus, rear deltoids

setup: Secure a resistance band to a stationary object at waist height and hold the end with one hand. Take a few steps back to create tension in the band, then, keeping your back flat, lean forward at the waist so your torso is about 45 degrees with the floor. Extend your working arm in front of you, parallel to the floor.

move: Keeping your arm straight, pull the band down and back in a smooth arc until your arm is in line with your torso. Slowly return to the start position. Complete all reps on one side before switching.



Keep your shoulders square and your abs tight to maintain proper position.

WORLD'S GREATEST STRETCH

targets: hip flexors, hamstrings, calves, hips/groin

setup: Kneel on the floor, then bring your right foot in front so your knee makes a 90-degree angle. Extend your left leg behind you into a runner's lunge.

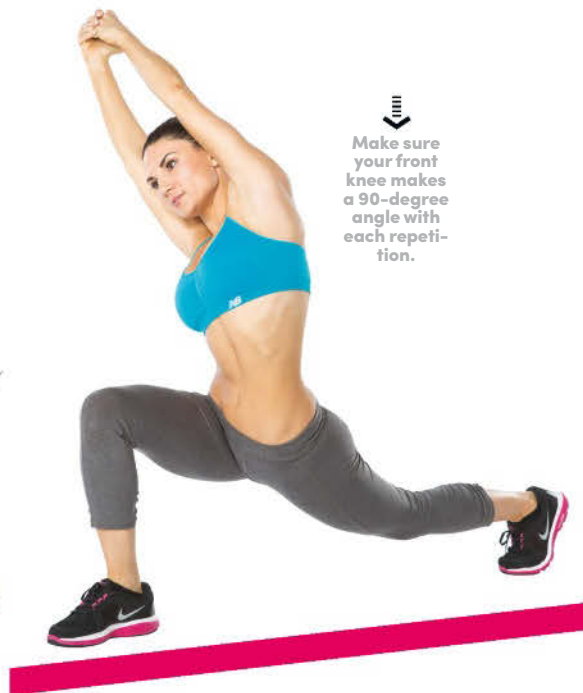
move: Touch your right elbow to the floor inside your right foot, then straighten your right leg, flex your foot, and lift your glutes toward the ceiling while keeping your fingertips on the floor. Hold briefly, then lower your hips and switch sides.



Don't rush this move — do each part with good form to stretch thoroughly.

REVERSE LUNGE & REACH

targets: hip flexors, quads, side body
setup: Stand with your feet together, hands clasped in front of you.
move: Take a large step to the rear with one foot, lunging deeply. Simultaneously reach both arms overhead and lean toward the forward leg. Push off your rear foot and lower your arms to return to the start. Repeat, alternating legs.



Make sure your front knee makes a 90-degree angle with each repetition.

LATERAL LUNGE

targets: abductors, groin
setup: Stand with your feet hip-width apart, hands clasped in front of your chest, elbows bent.
move: Take a large step to the side, toes parallel, and bend your knee to descend into a lateral lunge. Push off that foot to return to the start. Continue, alternating sides.



Make sure your knees stay over your toes each time you lunge down.

INCHWORM WITH HIP DIP

targets: hamstrings, hip flexors, lower back
setup: Stand with your feet together, then place both hands on the floor in front of your feet.
move: Walk your hands out until you're in a push-up position. Keeping your arms straight, drop your pelvis toward the floor, then come back into the push-up position and walk your hands back to the start.



Don't drop so low as to aggravate your lower back. Go to your own personal level of comfort.



STATIC STRETCHING ... NOT DEAD YET!

It may be antiquated in some respects, but static stretching can still be useful for increasing your range of motion and overall flexibility.

Here's the scoop on how to do it and when:

Save it for later. Do all your static stretching postworkout when your muscles are allowed to relax.

Do them when you're warm. Doing a static stretch with a cold muscle can lead to a strain or tear, so do your workout or some light cardio such as walking or jogging first, then stretch out.

Take your time: Static stretching can improve flexibility, so hold each stretch for 30 seconds or more.

Breathe deeply: This will oxygenate the muscles and help flush out metabolic wastes.



Slow means firm

Try this lower-body tempo circuit for a tight core and lean hard legs.
By Mike Carlson, NASM-CPT, CFL1

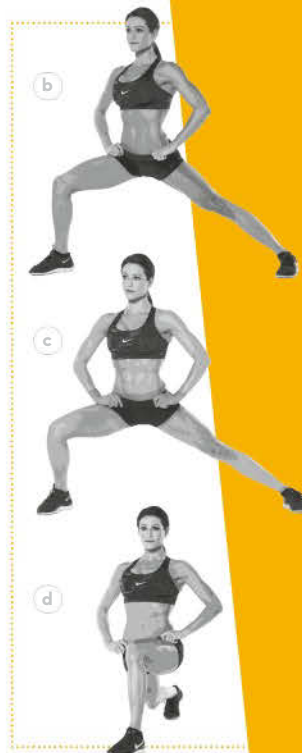
➔ Most modern exercise circuits are meant to be done at top speed, in an excited blur of pain and sweat all in the name of burning more calories. But something is lost when you rush through a series of exercises as if you're being chased by a bear.

"You get a completely different adaptation from a slow circuit than from a fast one, in terms of what kind of muscle fibers and energy systems you are hitting," says Brian Richardson, MS, NASM-CPT, co-founder of Dynamic Fitness in Temecula, California. "Most traditional circuits go fast, but what we see in research is that a slow tempo is a great way to tax the whole system but not gain muscle size."

Slow-twitch muscle fibers don't have the potential for growth the way Type II fibers do, which are known as fast-twitch fibers and are responsible for explosive moves like throwing and jumping. That's why Richardson likes using slow circuits for the lower body, an area many women want lean, hard and toned, without adding size. By increasing time under tension through three-second repetitions, the slow-twitch fibers of the legs and glutes get a workout that burns calories and improves muscular endurance without adding more mass.

Best of all, it doesn't mean you'll be in the gym for endless hours — this workout takes just 20 to 30 minutes.

The workout: Following a five- to 10-minute general warm-up, perform each exercise in consecutive fashion, allowing no more than 15 seconds of rest during transitions and one minute upon completion of the fourth exercise. Repeat the circuit three to four times. Every rep should be performed slowly, with a three-second eccentric (lengthening the muscle) motion, no pause at the top of the movement, and then a three-second concentric (shortening the muscle) motion.



MULTIDIRECTIONAL LUNGE

Reps: 10 (5 each leg)
Stand with your feet shoulder-width apart, shoulders square and hands on the hips. Step the right foot forward into a lunge until your thigh is parallel with the ground and your back knee is about an inch off the floor. Step back to the start and then step forward into a lunge with your left foot. Follow this right-left pattern, stepping at a 45-degree angle, then to the side, then backward at a 45-degree angle and then directly behind you.



2

SINGLE-LEG TOE TOUCH

Reps: 20 (10 each leg)

Stand on your left leg with the knee slightly bent and the right foot off the ground. Place the left hand on the hip and hold the opposite arm in a relaxed position. Slowly descend into a shallow squat while reaching across the midline of the body and touching the toes of the left foot with your right hand. Slowly return to the start position.

3

LATERAL TUBE WALK

Reps: 20 (10 each side)

With your feet slightly wider than shoulder width, place a resistance band around both ankles. It should feel relatively taut. Initiate the exercise by taking one slow lateral step to the left until the tension of the band is very tight. Follow with your right foot, but come no closer than shoulder-width apart. Do not allow the band to go slack at any point. Keep an even weight distribution at all times and do not rock from side to side.



4

SUPINE LATERAL BALL SHUFFLE

Reps: 20 (10 each side)

Begin by lying faceup on an exercise ball, arms out to the sides and palms facing upward. Slowly shuffle your feet laterally until both the shoulder and hip migrate off of the ball. Pause for approximately three seconds, then repeat on the other side. Continue for the allotted repetitions.



✓
If your neck gets tired during ball exercises, place your tongue on the roof of your mouth. This helps activate extensor muscles and decreases fatigue.

Clean in Sin City

Andra Purba found fitness and turned her life around in the most unlikely of places. **By Mike Carlson, NASM-CPT, CFL1**

FACTS

Name:
Andra Purba

Hometown:
Las Vegas, NV

Age: 32

Height: 5'8"

Old weight: 165 lbs

Occupation:
Food and beverage industry

Fave clean meal:
Scrambled tofu seasoned with cinnamon and stevia and crispy broccoli

➔ A few years ago, if you had asked Andra Purba what an alcoholic looked like, she probably would have described the usual stereotypical image of someone who looked disheveled and unkempt. That image of an addict suited her. After all, she had a job, a house and nice car. She couldn't possibly have a drinking problem.

"That imaginary picture you paint is to make yourself feel better," says Purba, who celebrated two years of sobriety last August. "I think that is why it took me a long time to get sober. I didn't see any addicts who fit the image of what I thought I was. I would hear stories about interventions and DUIs, but none of that ever happened to me, so I didn't think I was that bad."

A month before she made the decision to stop drinking, the seeds of doubt about her own health were placed in her mind. Purba had stepped on a public scale outside of the Heart Attack Grill in downtown Las Vegas and watched with surprise as the needle rose above

155 pounds. Since she ate more nutritiously than anyone she knew, she decided to start counting calories and find the weight-gain culprit.

"I found that all of my daily calories were being consumed in vodka and wine," Purba says. "Even when I would drink vodka and club soda, I would go over my calories."

After another bad night on the town, Purba called a girlfriend who had recently quit drinking and asked how she did it. The friend took Purba under her wing and showed her the way. It was a favor Purba would soon pay forward. "When I got sober, people in my circle very quickly started reaching out to me. So they must have been feeling the same thing I was. These were normal people who were successful in their nine-to-fives, but inside they felt like they were in trouble," she says. "Two weeks after I got sober, I helped my mother get sober."

Without drinking 1,800 calories of alcohol a day, the weight quickly began to come off Purba. Her goal was to eventually reach 140 pounds. After being sober for six months, she hit her goal weight and felt like she could do anything. Around that time she was introduced to Julie Mayer, a personal trainer and IFBB figure competitor who had several clients competing in bikini contests. Under Mayer's guidance in the gym, and following her nutritional recommendations, Purba's body made such rapid improvements that she decided to enter an NPC bikini competition as well. She took second place in her own division.

"The past few years are the definition of 'never say never,'" she says. "I never thought I would quit drinking, I never thought I would get a personal trainer and I never thought I would ever compete." ●

“The past few years are the definition of ‘never say never.’”

WEIGHT
137 lbs

before



A woman with brown hair, wearing a black tank top and blue leggings, is performing a yoga pose against a dark, textured wall. She is sitting on the floor, leaning back with her arms raised and hands clasped behind her head, holding her feet. Her head is tilted back, and she is looking upwards. The background is a dark, mottled wall with some visible texture and a small dark square on the left.

Don't wait for resolutions. No more excuses.

START NOW

Online Yoga with Laura Burkhart on YogaVibes.com

yogavibes
yoga
JOURNAL

\$20/month | Unlimited Access
15 Day Free Trial
www.yogavibes.com

Photo © Samuel Henderson Photography    

A life changing diet

After losing a dangerous amount of weight, Carrie Muscat regained her health and her curves.

By Mike Carlson, NASM-CPT, CFL1

✦ Losing 30 pounds in a matter of a few weeks might sound like a dream come true for some women, but for Carrie Muscat the reality was a nightmare. In her 20s, Muscat had been diagnosed with irritable bowel syndrome, a vague umbrella-term that encompasses a number of digestive disorders. By eliminating wheat and dairy, she had it mostly under control. But after giving birth to her daughter Isabella, the stomach distress returned with a vengeance, leaving her writhing in pain between visiting the bathroom up to 20 times a day. Soon, her fit 5'7" frame became a dangerously emaciated 100 pounds.

"You could see the ribs in my chest. Everywhere I went people asked me what was wrong," Muscat says. "When family members would see me, they would start crying."

After finally going to the hospital (embarrassment is a common and life-threatening factor for victims of digestive disorders), a colonoscopy detected ulcerative colitis, a condition in which the large intestine becomes inflamed and develops pockets of tiny sores. Her naturopath suggested the Specific Carbohydrate Diet, which eliminates all sugar, starch, grains and processed foods. Within two weeks, Muscat felt a dramatic improvement, and three months after doctors telling her that she would be on prescription meds for the rest of her life, she had gained back 17 pounds and was completely off all medication.

Today, Muscat has returned to a healthy weight and is glad to have her curves back. She continues to follow the SCD program, and although preparing and eating only whole foods can feel relatively high-maintenance compared to grabbing a protein bar, she is grateful to have regained her health and vital-

ity. An average meal is protein and vegetables while a snack might be a banana, a handful of nuts or something she baked with almond flour rather than traditional wheat flour. She can't tolerate protein powder, so her postworkout refueling is usually a few scrambled eggs topped with avocado. She also eats plenty of fermented foods, such as homemade yogurt, sauerkraut and kombucha, which help populate her gut with healthy bacteria. As time goes on and her digestive system heals, she'll be able to re-introduce certain foods such as sweet potatoes.

Since her carb intake is somewhat restricted and calories were closely hoarded when she was in throes of her illness, Muscat has done very little cardio over the last year, relying on weight training to help her regain her lost muscle. She hits the gym four days a week, targeting two body parts each workout. As a full-time personal trainer, her condition has given her a new perspective on the quest for being "skinny;" one she is more than happy to share with her clients.

"When I was skinny I didn't look good in jeans and my bones were sticking out in my chest. I would buy the smallest size clothes possible and they would look like bags on me. My butt has always been my thing and it was gone. It was so awful," she says. "So many of the women I train want to be skinny. I have been there and I want to tell people, 'No, you don't want to be skinny.'" ●



WEIGHT
128 lbs

FACTS

Name:
Carrie Muscat

Hometown:
Georgetown,
Ontario

Age: 34

Old weight: 100 lbs

Height: 5'7"

Occupation:
Personal trainer

Fave clean meal:
Chicken breast
baked with almond
flour, cauliflower
mash and
asparagus





Dr. Maurie Markman, MD
Medical Oncologist

WHEN YOU DON'T KNOW WHAT TO SAY, STAND UP.

When someone you love is diagnosed with cancer, you have the power to help. There are many ways you can stand up and show that you care.

THEY TALK, YOU LISTEN. One of the most helpful and important things you can do is listen—without judgment and resisting the urge to give advice.

DON'T ASK, DO TELL. Instead of waiting to be asked for help when it is needed, be specific about what you can do and when, such as: prepare a meal, babysit, pick up groceries, help with pets, or provide rides to and from appointments.

LIVE AND LEARN. Educate yourself about your loved one's diagnosis and treatment. When you understand what a cancer patient is going through, you're better able to help keep information clear, track questions, and know how you can be most useful.

STAY CONNECTED. After the initial diagnosis, people tend to drift away. Be someone to count on for the long haul. Check in, send a quick note, or drop off a book. Small gestures go a long way.

Visit ShowThatYouCare.org to learn more about how you can stand up for someone you love.

Pamela Cromwell
Cancer Survivor

Christina Applegate
SU2C Ambassador



Cancer
Treatment
Centers
of America®



Cancer Treatment Centers of America is a proud supporter of Stand Up To Cancer, an initiative designed to accelerate groundbreaking cancer research for the benefit of the patient. Stand Up To Cancer is a program of the Entertainment Industry Foundation, a 501(c)(3) charitable organization.

VERSA[®] GRIPPS[®]

TRAIN BETTER[™]

#1 Most
ADVANCED
TRAINING
ACCESSORY



PULLING MOTION



Patented Self-Supporting Grip Assist Proven
to eliminate grip fatigue & protect hands.
For Pulling & Pushing exercises ALL IN ONE

VG

Free US Shipping
Online Coupon
Code: OXSHIPUS



Pat# 5813950

THE BEST GRIP IN THE WORLD
VERSAGRIPPS.com

risingstars



PHOTO BY CHRIS V. LINTON

STATS: 37 • 120 LBS • 5'4"



PHOTO BY RICK LOHRE

STATS: 25 • 105 LBS • 4'11"

● **FAITH IN FITNESS:** After an accident that damaged Yolanda Spinelli's left arm, she was told it was permanent. Not accepting that result, she hired a personal trainer to work with her to strengthen it. It wasn't long before Yolanda decided she might as well train her entire body while she was at it. Her trainer, Sally Chamberland, soon suggested she try competing in Bikini. After some persuasion, Yolanda agreed, and the titles stacked up pretty quickly. "I can't thank Sally enough for the faith she had in me," Yolanda says. "She's helped me to become a stronger person."

● **IN THE ZONE:** Yolanda trains five days a week, doing cardio and weights on each of those days. "I prefer weights, but cardio is a must unfortunately," she says. Her favorite bodypart to train is her shoulders. "I love a nice curved shoulder. I think it's just sexy — on men and women!" Generally, she trains after work and prefers working out alone. "I don't like to chitchat or be interrupted. I do my thing and go," she says.

● **PRO DREAMS:** Although she has only been competing for a year, Yolanda's got her sights set on a pro card. Her ultimate goal? Competing at the Arnold Classic. "Whenever I think that last set is tough or I want to quit, I think of my goal and where I want to be."

● **HEAD OVER HEELS:** Kalyn Friddle started competing in gymnastics when she was four years old, so working out has always been a part of her daily life. "Challenging my abilities to always lift heavier, run faster and learn new strength or gymnastics skills inspires me to keep up with my workouts," Kalyn says. She's taken that competitive spirit to the stage, too. After only a year of competing, she's racked up a lot of first-place wins in Fitness and Bikini.

● **KEEP 'EM GUESSING:** While many women prefer weights over cardio, Kalyn loves them both. "I love being able to see how much I can lift, and I challenge myself to add more weight to each of my lifts. But I also love trying new plyometric cardio workouts because they keep my body guessing. And practicing my routines for fitness competitions are amazing cardio workouts," she says.

● **FAMILY AFFAIR:** Kalyn doesn't have to worry about her training taking away from time with friends and family. "I'm very fortunate to have my job, my family and friends all involved in fitness with me. Working in a gym gives me no excuse to not squeeze in a workout. I love working out with my boyfriend because it pushes me harder to lift those heavier weights or push through that last rep."



YOLANDA SPINELLI
Barrie, Ontario, Canada
Gig: HR Manager



KALYN FRIDDLE
Columbus, Indiana
Gig: Personal Trainer



Think you have the fit factor?

Meet 4 women who've got the fit factor

By Maureen Farrar

PHOTO BY MAGEN MCCRARY/ZAWKO



STATS: 27 • 125 LBS • 5'6"

● **HEAVY METAL:** Susannah VanWinkle started training when she was 15. "I had gained weight when I was younger and I was the thick athletic girl," says the former volleyball and basketball player. "I wanted to be strong instead!" So she started lifting weights. "I feel empowered when it's me against the metal. It gives me something tangible to conquer," she says.

● **SHOULDERING THE LOAD:** These days she lifts weights three days a week and does cross-training two days a week, occasionally doing yoga with fasted cardio in the mornings. "I want to get my cardio over ASAP, so I do it first thing." Weights are done in the afternoon when she's at her strongest. Her favorite exercise? "Military presses. I love strong, defined shoulders," Susannah says. Her least favorite bodypart is her hamstrings, but she believes in training for your weaknesses. "If you have a lagging bodypart, never skip that area; train it twice as hard."

● **NO LIMITS:** Susannah has advice for those just starting out in the gym: "Don't compare your beginning to someone else's middle or end. There are no limitations to what you are capable of becoming. Believe it and you'll become it — for better or worse. Everything in our life is the result of our thoughts, so if you believe you are good enough, strong enough and going to achieve it, you will."

↑
SUSANNAH VANWINKLE
Raleigh, North Carolina
Gig: Life Coach

PHOTO BY CAT AND ZACH PHOTOGRAPHY



STATS: 32 • 118 LBS • 5'3 1/2"

● **NOT JUST A GUY THING:** Jen Wade was introduced to the gym when she was 16 years old and fell in love with it. "I began lifting because some of my guy friends in high school asked me to tag along with them to the gym. While other girls were hitting cardio hard, I was learning to lift." These days she views weights as her therapy. "There's something about lifting heavy weights that gives you a sense of accomplishment. Not to mention, my body stays more conditioned," she says.

● **GLUTEN-FREE GIRL:** When asked about her favorite cheat foods, Jen says, "I'm allergic to wheat and dairy, so I don't have many cheat foods that are worth it. Gluten-free, dairy-free pizza just doesn't taste as good as the real thing." That's why she likes that Oxygen includes gluten- and dairy-free recipes. "For me it's not a choice but a requirement." However, she does have a food favorite: "Nothing beats Mexican food and a margarita, and I indulge every two or three weeks!"

● **CARDIO AND WEIGHTS:** Jen lifts five days a week with two leg days, and she adds 30 minutes of cardio a few times a week. "I also trail run with my husband for fun. It doesn't even feel like cardio because of the scenery." Generally, she works out in the afternoon. "I've tried to be that person who can go to the gym at 5 a.m. and knock it out, but I feel like my workouts are better in the afternoon."

↑
JEN WADE
Atlanta, Georgia
Gig: Emergency Management

FUEL YOUR ENERGY

ENDURANCE. STRENGTH. FOCUS.



BODYBUILDING.COM™

Available Soon at



LIFTAGSPORT.COM

© 2014 LIFTAGSPORT READ ALL LABELS BEFORE USING

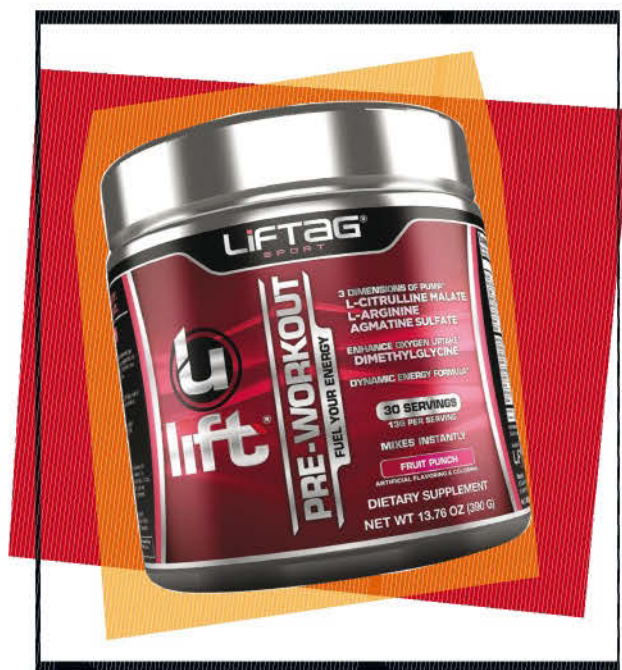
LIFTAG
SPORT

Elevating Athletes Everyday

➔ Send your story to futureoffitness@oxygenmag.com.

You lift, you improve

Liftag Sport's preworkout powder helps you power through your toughest workouts for enhanced lean muscle. **By Adam Gonzalez**



➔ Many preworkout products tout the ability to add pounds of mass, but that's because their advertising tends to target men seeking to add as much muscle as possible. What's less understood is that many of the ingredients found in preworkout supplements will also help women achieve their physique goals, too. The supplements in Ulift support your ability to perform more challenging workouts, encouraging reduced body fat and streamlining muscle tissue. They won't pile on pounds of muscle, making you large and blocky, because you don't have the natural hormonal milieu that allows for this. What Ulift will do is work with your natural biochemistry to help you get the most from physique and performance.

Here's a look at what Ulift can do for you.

- **Ulift combines citrulline and arginine to boost nitric oxide (NO) production.**

NO is a gas molecule that has profound effects upon exercise, allowing blood vessels to relax so more blood, oxygen and nutrients are able to flow through, reaching the muscles you're training. Citrulline and arginine are both amino acids

that have been shown to increase the amount of arginine in your system, which in turn increases production of NO. While arginine itself degrades during the digestive process, citrulline readily enters your system before converting to arginine and then NO. Research shows, though, that supplementing a combination of citrulline and arginine is better than taking either alone. NO also reduces lactic acid and ammonia buildup, allowing for better performance and faster recovery.

- **Ulift amplifies energy levels.**

For best results, take one scoop of Ulift about 20 minutes before training, mixing with about 6 ounces of water or your favorite beverage. Ulift supplies your body with creatine, beta-alanine and caffeine, all of which support more energy production. Caffeine stimulates your central nervous system and pulls fat from storage that you can use for fuel. Creatine, an amino acid compound, increases ATP production for greater immediate muscular energy, helping you lift more weight and perform more reps. Beta-alanine boosts muscle carnosine levels, increasing muscular endurance and strength. Research also indicates that combining creatine and beta-alanine is better than taking either alone.

- **Ulift boosts muscle pump.**

Agmatine sulfate is synthesized in the body from arginine, and it helps regulate the enzyme responsible for NO production. In other words, agmatine sulfate supports the amino acids that drive increased NO. This supplemental ingredient in Ulift then supports greater blood flow to muscle tissue. Dimethylglycine is a form of the amino acid glycine that helps drive pumps, and supports immunity and endurance. While many women may not seek out a "muscle pump," the benefits over time include enhanced endurance, greater strength and, ultimately, streamlined muscle tissue.

- **Ulift supports faster recovery and growth.**

This product also includes glutamine and taurine, amino acids that provide benefits supporting your current workout as well as overall long-term improvements. Glutamine is the most prevalent amino acid in the human body, and supplementing it encourages faster recovery, better digestion and stronger immunity, among others. Taurine boosts strength by reducing oxidative stress and helping to protect against muscle cell atrophy, allowing muscle cells to contract more rapidly. Taurine also increases muscle-cell volume, which supports better workouts and faster recovery. ●

I The number of grams of krill oil you should supplement with each of three whole-food meals per day. Krill is among the best sources for omega-3s, notoriously low in our diets. Start with one dose of krill oil per day and work up.

product talk

ADVERTISING PROMOTION

Boost My Shape

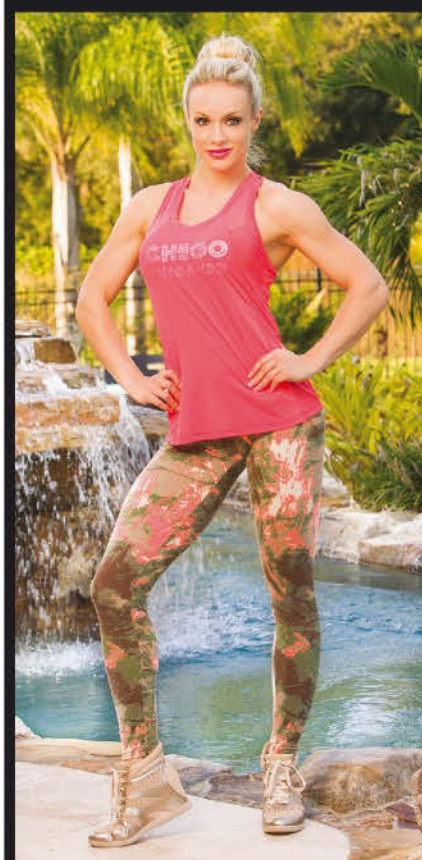
While Shrinking Belly Fat!
The original Moriche Palm Fruit Diet
sculpts your shape like no other diet!
Formulated to shrink belly fat while also
boosting a more curvaceous figure.
Unleash your foxy shape now with the
all-new Moriche Palm Diet!
Order: 1-800-8-FIGURE
→ mypalmdiet.com



Body by Brazil Fitness Wear

Get up and glow!
1000s of fitness
looks from top
Brazilian designers
to get you noticed.
Made of the
highest-quality
performance
fabrics.
Worldwide shipping.

→ bodybybrazil.com



ActivMotion Bar

The unstable ActivMotion Bar and fluid-like motion work together to strengthen your core, balance and stability. Ideal for beginners to advanced athletes, the bars come in five different weights (six to 18 pounds) and are filled with rolling steel weights to burn calories as you build muscle.

→ activmotionbar.com

GRIPAD®

THE NEW ALTERNATIVE TO WORKOUT GLOVES



GRIPAD® provides minimal coverage while maximizing hand protection. The **Pink Ribbon GRIPADS** offer firm and comfortable grip while preventing calluses, heat and odor associated with regular workout gloves.

A DONATION WILL BE MADE TO SUPPORT RESEARCH

OXYGEN readers get
15% OFF



Limited time offer. Enter code "get a grip" at GRIPAD.COM

Competition Supplies!



Supplements Tanning & Ellie Shoes
Bikini Bite

- Large Inventory & Selection
- Ship to USA, Canada & Military

The leader in supplements and accessories...

USA Bodybuilding.net

PSYCHIC, MICHAEL LAFFERTY. (215) 482-6517
www.psychicread.com VISA/MC/AMEX/DISC



Love. Need Answers?

Chat with a Psychic Source Love Expert when it comes to matters of the heart. New members save now! Call 1-866-612-8991 or visit

www.psychicsource.com

Use promo code OXYGEN and get a 20 minute reading for \$10.



**Erotic
Exciting**

ebooks for Women & Men

www.ExtasyBooks.com

#AimFitness

U.S. Postal Service

Statement of Ownership, Management and Circulation

(Required by 39 U.S.C. 3685)

- Title of publication:** Oxygen
- Publication number:** 1095-7073
- Date of filing:** September 19, 2014
- Frequency of issue:** Monthly
- Number of issues published annually:** 12
- Annual subscription price:** \$24.97
- Location of known office of publication:**
5720 Flatiron Pkwy Boulder, CO 80301
- Location of headquarters or general business offices at publishers:** 24900 Anza Dr., Unit E, Valencia, CA 91355
- Names and complete address of publisher, editor and managing editor**
Publisher: Cheryl Angelheart, 24900 Anza Dr., Unit E, Valencia, CA 91355
Editor: Diane Hart, 24900 Anza Dr., Unit E, Valencia, CA 91355
Managing Editor: Maura Weber, 24900 Anza Dr., Unit E, Valencia, CA 91355
- Owner:** Cruz Bay Publishing Inc., 300 N. Continental Blvd., Ste. 650, El Segundo, CA 90245
- Known bondholders, mortgages and other security holders owning or holding 1 percent or more of total amount of bonds, mortgages and securities:** None
- Tax Status:** Has not changed
- Publication title:** Oxygen
- Issue date for circulation data below:**
November 2014
- Extent and nature of circulation:**

	Average No. of copies of each issue during preceding 12 months	No. of copies of single issue published nearest to filing date.
A. Total No. of copies printed	317,526	312,978
B. Paid circulation		
1. Mail subscription	72,493	68,126
3. Sales through dealers and carriers, street vendors and counter sales	42,836	45,311
C. Total paid circulation	115,329	113,437
D. Free distribution by mail, carrier or other means, samples, complimentary and other free copies		
1. Free or Nominal Rate Outside-County Copies	18,943	21,326
4. Free distribution outside the mail	1,060	607
E. Total free distribution	20,003	21,933
F. Total distribution	135,332	135,370
G. Copies not distributed	182,194	177,608
H. Total	317,526	312,978
I. Percent paid and/or requested 85.22%		83.80%
Total Circulation does not include electronic copies		

17. I certify that the statements made by me above are correct and complete.

Circulation Director: Jenny Desjean

Date: September 19, 2014

For completion by publishers mailing at the regular rates (Section 132.121, Postal Service Manual): 39 U.S.C. 3626 provides in pertinent part: "No person who would have been entitled to mail matter under former section 4359 of this title shall mail such matter at the rates provided under this subsection unless he files annually with the Postal Service a written request for permission to mail matter at such rates." In accordance with the provisions of this statute, I hereby request permission to mail the publication named in item 1 at the phased postage rates presently authorized by 39 U.S.C. 3626.

product talk

ADVERTISING PROMOTION



Versa Gripps®

Gotta have these!

Absolutely the best grip in the world. Get girl power in the gym with New Versa Gripps Fit Pink! The same great style, now in super sexy pink. The key to the mind-muscle connection and the secret to a lean and fabulously fit body. Patented Self-Supporting Grip Assist is proven to eliminate grip fatigue while protecting hands from calluses.

Train better.

Patent # 5813950.

→ versagripps.com
207-422-2051



Gymboss

How long does your 30-minute workout take? You're busy and your time is valuable. A Gymboss Interval Timer gets you in and out of the gym on time.

Perfect for:

- Tabata
- Cardio
- HIIT
- Weightlifting
- Stretching
- gymboss.com



MHP Fit & Lean Power Pak Pudding

Ready-to-eat Fit & Lean Power Pak Pudding offers a rich, creamy taste with 15 grams of protein, only 100 calories, low carbs and zero sugar. It's also lactose-free and low in fat. Whether you're dieting or just craving a high-protein treat, Fit & Lean Power Pak Pudding is a perfect snack.

→ mhpstrong.com



BIC Bands

Focus on your workout, not your headband!

BIC Bands are headbands that don't slip, seriously! The soft lining on the inside grips and wicks sweat for a slip-free workout. Great for your active and social life! For a limited time, use code "NovOXY" for 10% off your purchase.

→ bicbands.com

oxygenexhale

live • share • inspire



2014 OLYMPIA WEEKEND!

Grace under pressure

➔ When it comes to the big shows like this year's Olympia, you can tell a winner by her physique and her attitude. Never was that more true than for this year's Olympia Bikini winner and Oxygen's July cover girl, Ashley Kaltwasser, who took to the stage brimming with confidence and a winning physique, nabbing top prize in her category. The next day, at Oxygen's booth (see photos top and left), her gracious attitude was at the forefront as she not only spent time signing her cover for her fans, she also patiently answered questions. At just 26 years, she has a poise that belies her years.

The prior evening, the audience was treated to another picture of grace, this time from a veteran of the sport, Adela Garcia. As she stepped forward to give her farewell after wowing us year after year with her stunning physical routines, she admitted it was hard to say good-bye to competition. And yet, she had the grace to acknowledge the fitness industry and fans for all her success. It was an emotional moment for all.

From the exciting newcomers in the field to those waving good-bye after many years, this industry honors those who exhibit grace under pressure. May it continue to honor those who do so for many more years. — DIANE HART, EDITOR-IN-CHIEF



Oxygen's July cover model, Ashley Kaltwasser, wearing her champion medal, stopped by AIM's booth to pose with Theresa Lapetrone (center and left) and fans (top right). Craig Capurso, MuscleMag's July cover model, shows off his guns with a fan (bottom).

Capture a moment of fitness inspiration in your day and share it with us! We want to know what gives you that moment of joy in fitness. It could be repping out in the gym, a swim in the pool or a quiet photos could be featured in an upcoming issue of Oxygen.



SUNWARRIOR®



Raw
VEGAN

Recover AND Protect

Protect your cells. Recover faster. This cold and flu season won't know what hit it.

To learn more about fulvic acid visit:

i.sunwarrior.com/liquid-light

sunwarrior.com



facebook.com/sunwarrior

Lavoisier Health & Beauty

Advanced Breast Therapy

What Are People Saying About ABT?

"My girlfriend asked me if I had breast implants. I told her no... I was using [ABT]" — PW

After almost forty years in a "training bra," I have filled a B-cup in only 6 weeks... — LL

I had to cut back on the amount of [ABT] I was using because I got tired of buying larger bras. — MR

My girlfriend asked me if I had breast implants. I told her no, that I was using [ABT]. My breast are plumping up and coming out of my bras at the top. — PW

My PMS breast pain and swelling was so bad that I could not stand to touch my breasts and even the shower hurt. Now after using [ABT] I have no pain. — EA

[I] have had a patient on [ABT] with amazing results! She is 40 with three children and a 120 lb weight gain from the last child. After losing that weight, she had drooping ... [with] her breasts. [After 3-4 months of ABT] she has increased firmness [and] size... I AM AMAZED! - JS, Clinical Pharmacologist

I suffered from post child/weightloss boobs ... I am ordering round 2 of treatment and am completely satisfied as is my husband. It is nice to have firm/lifted breasts.... a great alternative to surgical breast enhancement! — SD, Personal Trainer

**10% Off
COUPON
CODE
XYDC14**

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease

What Will You Say?

Exclusively available at:

www.LavoisierHealth.com

**Risk-Free
90-Day
Guarantee**